

# Achieving a State of Healthy Weight

2019 Supplement: State Profile Pages for Child Care Centers



National Resource Center for Health and Safety in Child Care and Early Education







# National Resource Center for Health and Safety in Child Care and Early Education

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# **INTRODUCTION**

The report <u>Achieving a State of Healthy Weight 2019</u>, ASHW 2019,<sup>1</sup> is the ninth update of Achieving a State of Healthy Weight: A National Assessment of Obesity Prevention Terminology in Child Care Regulations 2010 (ASHW 2010).<sup>2</sup> In that original baseline study, the National Resource Center for Health and Safety in Child Care and Early Education (NRC) assessed all states' child care licensing regulations for content regulating 47 High-Impact Obesity Prevention Standards (HIOPS) (previously referred to as Healthy Weight Practices). The ASHW HIOPS were drawn from standards included in Caring for Our Children: National Health and Safety Performance Standards; Guidelines for Early Care and Education Programs, 3<sup>rd</sup> Ed. (CFOC3).<sup>3</sup> More specifically, the CFOC standards used to derive the HIOPS were those included in a topical CFOC collection, Preventing Childhood Obesity in Early Care and Early Education: Selected Standards from Caring for Our Children: National Health and Safety Performance Standards; Guidelines for Early Care and Education Programs, 3<sup>rd</sup> Edition (PCO).<sup>4</sup> NRC developed the HIOPS with input from representatives of key federal agencies and national stakeholders in children's wellbeing and healthy development (see Origin of Achieving a State of Healthy Weight High-Impact Obesity Prevention Standards).<sup>5</sup>

In annual updates thereafter, the NRC rated new and revised state licensing regulations that impacted the HIOPS. Beginning in 2013, the NRC extracted state profiles from the ASHW reports, publishing the data as ASHW supplements. This document presents updated ASHW ratings for a single care type.

#### IMPORTANT CHANGES TO ASHW SUPPLEMENTS

ASHW supplements offer state-specific data on regulatory support for each HIOPS. ASHW supplements from 2013-2018 presented data for all three types of care in a single, large document. As of *ASHW 2019*, the NRC produces separate supplements for the three care types assessed: Child Care Centers (CTR), Large Family Child Care Homes (LFCCH), and Small Family Child Care Homes (SFCCH).

The NRC revised the state profiles collaboratively with the Center for Disease Control and Prevention, Division of Nutrition, Physical Activity and Obesity (DNPAO) in 2020, with changes first taking effect in *ASHW 2019*. In addition to producing three smaller supplements and the HIOPS terminology, a familiar reader will note additional changes as follow:

- a) State profiles consist of a one-page table showing support in the state regulations for the 47 ASHW HIOPS.
- b) The tables identify four categories of HIOPS: Infant Feeding, Nutrition, Physical Activity, and Screen Time Limits, with Screen Time now differentiated from Physical Activity as a separate category of HIOPS.
- c) For Infant Feeding and Nutrition, subcategories group similar practices.
- d) Rating values for each HIOPS appear in adjacent columns for 2010 and for the current year, color-coded and with printed numerical ratings. (See the following Guide page.)
- f) In the past, some states that do not recognize LFCCHs as a licensed care type were awarded LFCCH ratings based on center regulations if center rules could be interpreted as encompassing the care type. From 2019 forward, these states' profiles display "0" for all HIOPS. This is consistent with a 2019 policy change (see ASHW 2019, report Appendix C. Methodology). Previous LFCCH rating values were retained in the ASHW database and dataset.

# **INTRODUCTION**

#### **USE OF ASHW SUPPLEMENTS**

The <u>CDC's Spectrum of Opportunities</u> for Obesity Prevention in Early Care and Education defines strategies to combat obesity in early care and education, including child care licensing.<sup>6</sup> Policy makers and licensing agencies may use state profiles to identify areas of strength and needed improvement to inform promulgation of new and revised rules.<sup>7</sup> Furthermore, review of other states' profiles will reveal those states that have achieved regulatory text fully consistent with the HIOPS in support prevent of child-hood obesity. A guide to understanding the structure of the state profile follows, after which each state's and the District of Columbia's data profiles are presented. Following the last state profile (Wyoming), two tables are included. The tables may facilitate use of the state profiles: Table 1. Assessment Years for Each State, and Table 2. State Documents Assessed for ASHW: 2010 to Date.

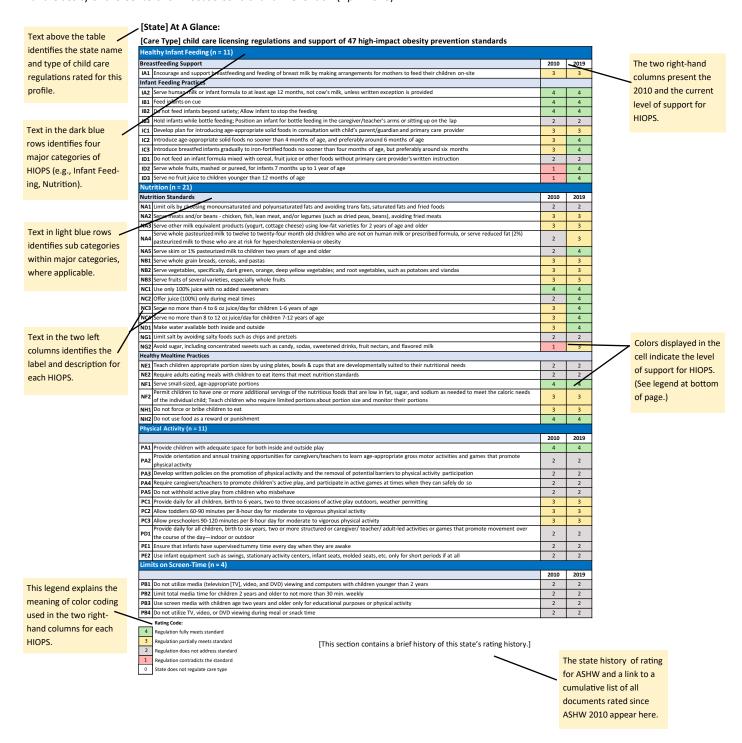
#### **NOTES & REFERENCES:**

- National Resource Center for Health and Safety in Child Care and Early Education. Achieving a state of healthy weight: 2019 update. Aurora, CO: University of Colorado Denver. <a href="https://nrckids.org/HealthyWeight">https://nrckids.org/HealthyWeight</a>. Published September 18, 2020.
- <sup>2</sup> The baseline assessment, Achieving a State of Healthy Weight: A National Assessment of Obesity Prevention Terminology in Child Care Regulations 2010, which details the study methodology, and subsequent annual ASHW updates (2011-2018) may be accessed @ https://cfoc.nrckids.org/files/regulations\_report\_2010.pdf
- <sup>3</sup> American Academy of Pediatrics, American Public Health Association, and National Resource Center for Health and Safety in Child Care and Early Education. *Caring for our children: National health and safety performance standards; Guidelines for early care and education programs,* 3rd ed. Elk Grove Village, IL: American Academy of Pediatrics; Washington, DC: American Public Health Association:2011.
- <sup>4</sup> American Academy of Pediatrics, American Public Health Association, and National Resource Center for Health and Safety in Child Care and Early Education. *Preventing Childhood Obesity in Early Care and Education Programs: Selected Standards from Caring for Our Children: National Health and Safety Performance Standards; Guidelines for Early Care and Education Programs,* 3rd ed. Elk Grove Village, IL: American Academy of Pediatrics:2010.
- National Resource Center for Health and Safety in Child Care and Early Education. (2020). Origin of Achieving a State of Healthy Weight High-Impact Obesity Prevention Standards. Aurora, CO: University of Colorado Denver <a href="https://nrckids.org/files/HIOPSOrigin.pdf">https://nrckids.org/files/HIOPSOrigin.pdf</a>. Published September 18, 2020.
- <sup>6</sup> Reynolds MA, Jackson Cotwright C, Polhamus B, Gertel-Rosenberg A, Chang D. Obesity prevention in the early care and education setting: successful initiatives across a spectrum of opportunities. *J Law Med Ethics*. 2013 Winter;41 Suppl 2:8-18. doi: 10.1111/jlme.12104.
- ASHW 2019 Supplements for all three care types, child care center, large family child care homes, and small family child care homes, may be accessed at the National Resource Center for Health and Safety in Child Care and Early Education website @ https://nrckids.org/HealthyWeight. Published September 18, 2020.

# **INTRODUCTION**

#### **Guide to State Profiles**

The following state profiles display all states' ASHW results through 2019. Profiles show the status of support for each High-Impact Obesity Prevention Standard (HIOPS) in state child care regulations for the identified care type. Where a state regulates a care type in two or more documents, the highest rating for the HIOPS for that care type (the final rating) is used (see ASHW 2010). The following annotated illustration explains the layout and features of each state profile. The state ratings included in this supplement are for child care regulations in effect through December 31, 2019. The format of the state profiles was redesigned collaboratively with the Division of Nutrition, Physical Activity and Obesity of the Centers for Disease Control and Prevention (April 2020).



#### **ALABAMA At A Glance:**

## Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards

Center-based clinic care iterising regulations and support of 47 high-impact obesity prevention standards		
Healthy Infant Feeding (n = 11)		
Breastfeeding Support	2010	2019
IA1 Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3
Infant Feeding Practices		
IA2 Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4
IB1 Feed infants on cue	4	4
IB2 Do not feed infants beyond satiety; Allow infant to stop the feeding	4	4
IB3 Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	4	4
IC1 Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3
IC2 Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	4
IC3 Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	4
ID1 Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
ID2   Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	1	3
ID3   Serve no fruit juice to children younger than 12 months of age	1	4
Nutrition (n = 21)	-	
Nutrition Standards	2010	2019
NA1 Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2019
NA2 Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3
NA3 Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older  Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%)	3	3
NA4 pasteurized milk to those who are at risk for hypercholesterolemia or obesity	2	3
NA5   Serve skim or 1% pasteurized milk to children two years of age and older	2	4
NB1   Serve whole grain breads, cereals, and pastas	3	3
NB2   Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3
NB3 Serve fruits of several varieties, especially whole fruits	3	3
	4	4
NC1 Use only 100% juice with no added sweeteners		
NC2 Offer juice (100%) only during meal times	2	4
NC3 Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4
NC4 Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	4
ND1 Make water available both inside and outside	3	4
NG1 Limit salt by avoiding salty foods such as chips and pretzels	2	2
NG2 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	3
Healthy Mealtime Practices		
NE1 Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
NE2 Require adults eating meals with children to eat items that meet nutrition standards	2	2
NF1   Serve small-sized, age-appropriate portions	4	4
Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of	3	3
the individual child; leach children who require limited portions about portion size and monitor their portions		
NH1 Do not force or bribe children to eat	3	3
NH2 Do not use food as a reward or punishment	4	4
Physical Activity (n = 11)		
	2010	2019
PA1 Provide children with adequate space for both inside and outside play	4	4
Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2
PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2
PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2
PA5 Do not withhold active play from children who misbehave	2	2
PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3
PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	3
PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	3
Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the	2	2
PD1 course of the day—indoor or outdoor	2	2
PE1 Ensure that infants have supervised tummy time every day when they are awake	4	4
	2	2
PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	
PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all Limits on Screen-Time (n = 4)	2	
	2010	2019
		<b>2019</b>
Limits on Screen-Time (n = 4)	2010	
Limits on Screen-Time (n = 4)  PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	<b>2010</b> 2	2
Limits on Screen-Time (n = 4)  PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years  PB2 Limit total media time for children 2 years and older to not more than 30 min. weekly	<b>2010</b> 2 2	2

#### Rating Code:

4 Regulation fully meets standard
Regulation partially meets standard
Regulation does not address standard
Regulation contradicts the standard
State does not regulate care type

Alabama Regulation Rating History: 2010 (CTR, LRG, SML); 2012\* (CTR, LRG, SML); 2018 (CTR, LRG, SML); 2019 (CTR)

NOTE: A starred date (i.e., 2012\* and/or 2017\*) signifies rating changes assigned to noted care type(s) due to CACFP improvements only; revised documents also were rated for CACFP changes.

## **ALASKA At A Glance:**

## Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards

Center-based clinic care incentsing regulations and support of 47 high-impact obesity prevention standards		
Healthy Infant Feeding (n = 11)		
Breastfeeding Support	2010	2019
IA1   Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3
Infant Feeding Practices		
IA2 Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4
IB1 Feed infants on cue	4	4
IB2 Do not feed infants beyond satiety; Allow infant to stop the feeding	4	4
IB3 Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3
IC1 Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3
IC2 Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	4
IC3 Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	4
ID1 Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
ID2 Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	1	3
ID3   Serve no fruit juice to children younger than 12 months of age	1	4
Nutrition (n = 21)		
Nutrition Standards	2010	2019
NA1 Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
NA2 Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3
NA3 Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	3
Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%)		3
pasteurized milk to those who are at risk for hypercholesterolemia or obesity	2	3
NA5   Serve skim or 1% pasteurized milk to children two years of age and older	2	4
NB1   Serve whole grain breads, cereals, and pastas	3	3
NB2   Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3
NB3 Serve fruits of several varieties, especially whole fruits	3	3
NC1 Use only 100% juice with no added sweeteners	4	4
NC2 Offer juice (100%) only during meal times	2	4
NC3 Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4
	3	4
NC4 Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	
ND1 Make water available both inside and outside		4
NG1 Limit salt by avoiding salty foods such as chips and pretzels	2	2
NG2   Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	3
Healthy Mealtime Practices		
NE1 Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
NE2 Require adults eating meals with children to eat items that meet nutrition standards	2	2
NF1   Serve small-sized, age-appropriate portions	4	4
Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of NF2	3	3
the individual child; Teach children who require limited portions about portion size and monitor their portions		
NH1 Do not force or bribe children to eat	3	3
NH2 Do not use food as a reward or punishment	2	2
Physical Activity (n = 11)		
	2010	2019
PA1 Provide children with adequate space for both inside and outside play	4	4
PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2
PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2
PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2
PA5 Do not withhold active play from children who misbehave	3	3
PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	4	4
PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	3
PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	3
Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the	4	4
course of the day—indoor or outdoor		
PE1 Ensure that infants have supervised tummy time every day when they are awake	2	2
PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	4	4
Limits on Screen-Time (n = 4)		
	2010	2019
PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3	3
Institute of the control of the cont	3	3
PB2 Limit total media time for children 2 years and older to not more than 30 min. weekly		
PB3 Use screen media with children age two years and older to not more than 30 min. weekly  PB3 Use screen media with children age two years and older only for educational purposes or physical activity	2	2
	2	2

#### Rating Code:

4 Regulation fully meets standard
3 Regulation partially meets standard
2 Regulation does not address standard
1 Regulation contradicts the standard
0 State does not regulate care type

Alaska Regulation Rating History: 2010 (CTR, LRG, SML); 2012\* (CTR, LRG, SML); 2017\* (CTR, LRG, SML)

NOTE: A starred date (i.e., 2012\* and/or 2017\*) signifies rating changes assigned to noted care type(s) due to CACFP improvements only; revised documents also were rated for CACFP changes.

## **ARIZONA At A Glance:**

## Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards

Hea	Ithy Infant Feeding (n = 11)		
	stfeeding Support	2010	2019
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	4	3
_	nt Feeding Practices		
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	3	2
IB1		2	2
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	2
-	Hold infants while bottle feeding, Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3
-	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	4	2
-	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	2
-	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	2
-	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	3	3
_	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	2	2
<u> </u>	Serve no fruit juice to children younger than 12 months of age	2	2
	rition (n = 21)	2	
	rition Standards	2010	2019
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2010	2019
_			
-	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older  Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%)	3	2
NA4	pasteurized milk to those who are at risk for hypercholesterolemia or obesity	2	2
NA5	Serve skim or 1% pasteurized milk to children two years of age and older	4	3
_	Serve whole grain breads, cereals, and pastas	3	2
_	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3
-	Serve fruits of several varieties, especially whole fruits	4	3
-	Use only 100% juice with no added sweeteners	4	4
-	Offer juice (100%) only during meal times	2	2
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	4	4
_		4	4
-	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	4	
<u> </u>	Make water available both inside and outside		4
_	Limit salt by avoiding salty foods such as chips and pretzels	2	2
_	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	3	3
_	thy Mealtime Practices		
-	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
-	Require adults eating meals with children to eat items that meet nutrition standards	3	2
NF1	Serve small-sized, age-appropriate portions	4	4
NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions	1	1
NH1	Do not force or bribe children to eat	3	3
<u> </u>	Do not use food as a reward or punishment	3	3
_	sical Activity (n = 11)		3
r IIy	ocal Metivity (ii = 11)	2010	2019
DA1	Provide children with adequate space for both inside and outside play	4	4
PAI	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote	4	4
PA2	physical activity	2	2
PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2
	Do not withhold active play from children who misbehave	3	2
_	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3
	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	3
	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	3
	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the		
PD1	course of the day—indoor or outdoor	3	3
PE1	Ensure that infants have supervised tummy time every day when they are awake	4	4
PE2	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3	3
Lim	its on Screen-Time (n = 4)		
		2010	2019
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2	3
PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	2	2
	Use screen media with children age two years and older only for educational purposes or physical activity	2	2
	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2

#### Rating Code:

Regulation fully meets standard Arizona Regulation Rating History: 2010 (CTR, LRG); 2011 (LRG); 2015 (LRG); 2019 (CTR)
Regulation partially meets standard
Regulation does not address standard

Regulation contradicts the standard

State does not regulate care type

6

## **ARKANSAS At A Glance:**

#### Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards

Hea	Ithy Infant Feeding (n = 11)		
	stfeeding Support	2010	2019
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	3
	nt Feeding Practices		
	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4
	Feed infants on cue	4	4
	Do not feed infants beyond satiety; Allow infant to stop the feeding	3	4
	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3
	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3
		3	4
	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	4
	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months  Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
_	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	1	
			3
	Serve no fruit juice to children younger than 12 months of age	1	4
	rition (n = 21)	2010	2010
_	ition Standards	2010	2019
_	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
_	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	3
NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%)	2	3
NΔF	pasteurized milk to those who are at risk for hypercholesterolemia or obesity  Serve skim or 1% pasteurized milk to children two years of age and older	2	4
	Serve whole grain breads, cereals, and pastas	3	3
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3
	Serve fruits of several varieties, especially whole fruits	3	3
_	Use only 100% juice with no added sweeteners	4	4
_	Offer juice (100%) only during meal times	2	4
_	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4
_	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	4
	Make water available both inside and outside	3	4
_	Limit salt by avoiding salty foods such as chips and pretzels	2	2
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	3
	thy Mealtime Practices		
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
	Require adults eating meals with children to eat items that meet nutrition standards	2	3
NF1	Serve small-sized, age-appropriate portions	4	4
NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions	3	3
NH1	Do not force or bribe children to eat	2	4
	Do not use food as a reward or punishment	3	3
	ical Activity (n = 11)	3	3
FILIYS	ical Activity (ii = 11)	2010	2019
DA1	Provide children with adequate space for both inside and outside play	4	4
	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote		
PA2	physical activity	2	2
PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	3
_	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	4
PA5	Do not withhold active play from children who misbehave	4	4
_	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3
PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	3
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	3
	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the		
PD1	course of the day—indoor or outdoor	2	2
PE1	Ensure that infants have supervised tummy time every day when they are awake	2	2
PE2	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	2
Limi	ts on Screen-Time (n = 4)		
		2010	2019
DD1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2	3
PDI		2	3
	Limit total media time for children 2 years and older to not more than 30 min. weekly	2	
PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly  Use screen media with children age two years and older only for educational purposes or physical activity	2	4
PB2 PB3			

#### Rating Code:

4 Regulation fully meets standard
Regulation partially meets standard
Regulation does not address standard
Regulation contradicts the standard
State does not regulate care type

Arkansas Regulation Rating History: 2010 (CTR, LRG, SML); 2011 (CTR, LRG, SML); 2015 (CTR, LRG, SML); 2017\* (CTR, LRG, SML) NOTE: A starred date (i.e., 2012\* and/or 2017\*) signifies rating changes assigned to noted care type(s) due to CACFP improvements only; revised documents also were rated for CACFP changes.

## **CALIFORNIA At A Glance:**

## Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards

Center-based clinic care iterising regulations and support of 47 mgn-impact obesity prevention standards		
Healthy Infant Feeding (n = 11)		
Breastfeeding Support	2010	2019
IA1   Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	4	4
Infant Feeding Practices		
IA2   Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4
IB1   Feed infants on cue	4	4
IB2 Do not feed infants beyond satiety; Allow infant to stop the feeding	4	4
IB3 Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3
IC1 Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3
IC2 Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	4
IC3 Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	4
ID1 Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
ID2 Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	1	3
ID3 Serve no fruit juice to children younger than 12 months of age	1	4
Nutrition (n = 21)		
Nutrition Standards	2010	2019
NA1 Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
NA2 Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3
NA3   Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	3
Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%)		
pasteurized milk to those who are at risk for hypercholesterolemia or obesity	2	3
NA5 Serve skim or 1% pasteurized milk to children two years of age and older	2	4
NB1 Serve whole grain breads, cereals, and pastas	3	3
NB2   Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3
NB3 Serve fruits of several varieties, especially whole fruits	4	4
NC1 Use only 100% juice with no added sweeteners	4	4
NC2 Offer juice (100%) only during meal times	2	4
NC3 Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4
NC4 Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	4
ND1 Make water available both inside and outside	4	4
NG1 Limit salt by avoiding salty foods such as chips and pretzels	2	2
NG2   Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	3
Healthy Mealtime Practices	-	
NE1 Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
NE2 Require adults eating meals with children to eat items that meet nutrition standards	2	2
NF1   Serve small-sized, age-appropriate portions	4	4
Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of		
NF2 the individual child; Teach children who require limited portions about portion size and monitor their portions	3	3
NH1 Do not force or bribe children to eat	2	2
NH2 Do not use food as a reward or punishment	3	3
Physical Activity (n = 11)		
	2010	2019
PA1 Provide children with adequate space for both inside and outside play	4	4
Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote		
	2	2
physical activity	2	2
PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation		2
	2	2
PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation		2
PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	3
PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so PA5 Do not withhold active play from children who misbehave	2	
PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so PA5 Do not withhold active play from children who misbehave PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	2 2 3	3
PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so PA5 Do not withhold active play from children who misbehave PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the	2 2 3 3 3 3	3 3
PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so PA5 Do not withhold active play from children who misbehave PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PD1 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor	2 2 3 3 3 3	3 3 3
PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so PA5 Do not withhold active play from children who misbehave PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PD1 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor PE1 Ensure that infants have supervised tummy time every day when they are awake	2 2 3 3 3 3	3 3 3 3
PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so PA5 Do not withhold active play from children who misbehave PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PD1 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor PE1 Ensure that infants have supervised tummy time every day when they are awake PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2 2 3 3 3 3	3 3 3
PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so PA5 Do not withhold active play from children who misbehave PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PD1 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor PE1 Ensure that infants have supervised tummy time every day when they are awake	2 2 3 3 3 3	3 3 3 3
PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so PA5 Do not withhold active play from children who misbehave PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PD1 course of the day—indoor or outdoor PE1 Ensure that infants have supervised tummy time every day when they are awake PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  Limits on Screen-Time (n = 4)	2 2 3 3 3 3	3 3 3 3
PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so PA5 Do not withhold active play from children who misbehave PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PD1 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor PE1 Ensure that infants have supervised tummy time every day when they are awake PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2 2 3 3 3 3 2 2	3 3 3 2 2
PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so PA5 Do not withhold active play from children who misbehave PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PD1 course of the day—indoor or outdoor PE1 Ensure that infants have supervised tummy time every day when they are awake PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  Limits on Screen-Time (n = 4)	2 2 3 3 3 3 2 2	3 3 3 2 2 2
PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so PA5 Do not withhold active play from children who misbehave PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PD1 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor PE1 Ensure that infants have supervised tummy time every day when they are awake PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  Limits on Screen-Time (n = 4)  PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2 2 3 3 3 2 2 2 2010 2	3 3 3 2 2 2 2 2019
PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so PA5 Do not withhold active play from children who misbehave PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PD1 course of the day—indoor or outdoor PE1 Ensure that infants have supervised tummy time every day when they are awake PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all Limits on Screen-Time (n = 4)  PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years PB2 Limit total media time for children 2 years and older to not more than 30 min. weekly	2 2 3 3 3 3 2 2 2 2010 2 2	3 3 3 2 2 2 2019 2

#### Rating Code:

4 Regulation fully meets standard
3 Regulation partially meets standard
2 Regulation does not address standard
1 Regulation contradicts the standard
0 State does not regulate care type

California Regulation Rating History: 2010 (CTR, LRG, SML); 2012 (CTR, LRG, SML); \*2017 (CTR) NOTE: A starred date (i.e., 2012\* and/or 2017\*) signifies rating changes assigned to noted care type(s) due to CACFP improvements only;

NOTE: A starred date (i.e., 2012\* and/or 2017\*) signifies rating changes assigned to noted care type(s) due to CACFP improvements only revised documents also were rated for CACFP changes.

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## **COLORADO At A Glance:**

## Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards

AL Encourage and support treasferding and feeding of breast milk by making arrangements for mothers to feed their children on-site final freatfections.    Application   Committee   Commi		tter-based critic tare licensing regulations and support of 47 high-impact obesity prevention standards		
All Encourage and support beastereding and feeding of breast milk by making arrangements for mothers to feed their children on-site milk for minute for firms from all to at least ago 12 months, not convir milk, unless written exception is provided 2 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4	Hea	Ithy Infant Feeding (n = 11)		
Infant Feeding Practices 2	Brea	stfeeding Support	2010	2019
Az Serve harman milk or infant formula to at least age 22 months, not cow's milk, unless written exception is provided 4 4 4 4 4 8 12 bo not feel infant by mink to the provided 5 2 4 4 8 12 bo not feel infants beyond statics, allow minks to troop the feedings 1 be caregiver/teacher's arms or stating up on the lap 5 3 3 3 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	3
88 Feed Infants on one 8	Infa	nt Feeding Practices		
20 Do not refer of inforts becomed sailesty. Allow infort to stop the feeding.         2         4         4           31 Sold infacts to be both feeding.         10 control of the property of the prop	IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	4
133 India Marias willie bottle feeding. Postition an infant for bottle feeding in the caregiver/feeder's arms or sitting up on the lip.  2 beelep plan for indioxiding age-appropriate solid foods in consultation with child; parent/guardian and primary care provider.  3 consideration of the plant of the p	IB1	Feed infants on cue	4	4
CEL   Development for introducting assemptopropriate solid floods in consultation with child's parent/guardian and primary care provider   2	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	4
C2   Introduce new appropriate solid floods in a souncer than 4 months of age, and preferably around 6 months of age   C2   Landwice Description of the C2   C2   A	IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3
CIG Introduce broaderfed infants gradually to iron fortified foods no soorer than four months of age, but perfectably around six months;  2 3 3 3 5 2 2 3 3 3 3 2 2 3 3 3 3 3 3 3	IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	2	3
DID         Done field an infract formular mixed with cereal, first liptice or other foods without primary care provider's written instruction         2         3           DIS         Serve whole first, smashed or purseef, fir firstants 'months of age         2         4           Withfritton Cine 2.1)         Authorition (in 2.21)         2         4           Withfritton Standards         2010         2015         2         2         4           LAIL Limit on the own from Julian Cine 1.         2         2         4         2         2         3           LAIL Limit on Standards         2010         2015         2         2         3         3         2         2         3         3         2         2         3         3         2         2         3         3         3         2         2         3         3         3         3         2         2         3         3         3         3         3         3         4 <td< td=""><td>IC2</td><td>Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age</td><td>2</td><td>4</td></td<>	IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	4
22 Since whole fruits, mashed or pureed, for infants // months or age 32 Serve for fruit pice to cluliforen younger than 12 months or age 33 Serve for fruit pice to cluliforen younger than 12 months or age 34 Months of Standards 34 Unit to 15 Standards 34 Serve whole pasteurized milk to grow the meat, and/or legimes (such as dired peas, beans), avoiding fired meats 32 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3	IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	4
22 Since whole fruits, mashed or pureed, for infants // months or age 32 Serve for fruit pice to cluliforen younger than 12 months or age 33 Serve for fruit pice to cluliforen younger than 12 months or age 34 Months of Standards 34 Unit to 15 Standards 34 Serve whole pasteurized milk to grow the meat, and/or legimes (such as dired peas, beans), avoiding fired meats 32 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3	ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	3
Dag Serve ne fruit place to challeren younger than 12 months of age  **Martinion** Comments**  **Water Com			2	3
Multitudino Standards   2010   2015				
Little Standards  Limit of list by choosing monounsaturated and polyunsaturated fists and avoiding trans fists, saturated fats and fried floods  2 2 3.  Als Serve other milk equivalent products (yegurt, cottage choese) using low-fat varieties for 2 years of age and older  3 3. Als Serve other milk equivalent products (yegurt, cottage choese) using low-fat varieties for 2 years of age and older  3 4. Serve whole grain to those who are at risk for hypercholester oldenia or obesty  3 5 years stand in 19 besterated milk to those who are at risk for hypercholester oldenia or obesty  3 5 years stand or 19 besterated milk to those who are at risk for hypercholester oldenia or obesty  3 5 years stand or 19 besterated milk to those who are at risk for hypercholester oldenia or obesty  4 6 5 Serve whole grain breads, cereals, and partas  5 Serve whole grain breads, cereals, and partas  5 Serve whole grain breads, cereals, and partas  6 Serve reverse the specifically, which offer the standards  5 Serve reverse the specifically which offer the standards  6 Serve reverse that offer or specifically which offer the standards  6 Serve reverse than 4 to 6 ca jucied day for children 1-6 years of age  6 Library (19 years) (19 years			_	
Main   Limit oils by choosing monounsuturated and polyunsuturated fist and avoiding trans fats, saturated fists and fried foods   2   2   3   3   3   3   3   3   3   3			2010	2019
AB Serve weets and/or nears - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats AB Serve whother milk equivalent products (yogurt, cottage cheese) using low-flat varieties for 2 years of age and older AB Serve whother pasteurized milk to those who are at risk for hypercholesterolenial or obesity AB Serve whother pasteurized milk to those who are at risk for hypercholesterolenial or obesity AB Serve whother pasteurized milk to children we years of age and older  2 4 AB Serve whother pasteurized milk to children we years of age and older 2 4 AB Serve whother pasteurized milk to children we years of age and older 3 5 ever whother pasteurized milk to children we years of age and older 4 5 ever whother pasteurized milk to children two years of age and older 4 6 Serve more pasteurized, and pastas 4 2 3 AB Serve whother pasteurized milk to children two years of age and root vegetables, such as potatoes and viandas 4 2 3 3 AB Serve firsts of several varieties, especially whother fruits 5 ever whother pasteurized was ever a pasteurized of the pasteurized milk of				
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ANA  ANA  ANA  ANA  ANA  ANA  ANA  ANA				
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AGS Serve wegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas 2 3 3 4 4 8 5 8 reve wegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas 2 3 3 4 3 5 8 reve wegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas 2 2 3 3 4 5 8 8 reve fruits of several varieties, especially whole fruits 2 2 3 4 5 8 6 7 9 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	NA4		2	3
Serve whole grain breads, cereals, and pastas  2 3  382 Serve wegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas  2 3  382 Serve furtio Serve lavaireties, especially whole furtis  2 3  3 400 Use only 100% juice with no added sweeteners  4 2 4  4 4  4 5 Offer juice (100%) only during meal times  4 2 4  4 6 Serve no more than 8 to 12 oz juice/day for children 1-6 years of age  4 2 4  4 6 Serve no more than 8 to 12 oz juice/day for children 7-12 years of age  4 2 4  4 6 Serve no more than 8 to 12 oz juice/day for children 7-12 years of age  4 2 4  4 6 Serve no more than 8 to 12 oz juice/day for children 7-12 years of age  4 2 4  4 6 Serve no more than 8 to 12 oz juice/day for children 7-12 years of age  4 2 4  4 6 Serve no more than 8 to 13 oz juice/day for children 7-12 years of age  4 2 4  4 6 Serve no more than 8 to 12 oz juice/day for children 7-12 years of age  4 2 4  4 6 Serve no more than 8 to 12 oz juice/day for children 7-12 years of age  4 2 4  4 6 Serve no more than 8 to 12 oz juice/day for children 7-12 years of age  4 2 2 4  4 2 2 4  4 3 3 4  4 4 4  4 4 4 4  4 4 4 4  4 4 4 4  4 4 4 4  4 4 4 4  4 6 A Front Children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual which lift, Teach children who require limited portions she and monitor their portions  4 4 4  4 6 Provide children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual which fit, Teach children who require limited portions she and monitor their portions  4 4 4  4 6 A Front Children to the avenue or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual with individual to eat the individual with office the whole the children with require limited portions she and monitor their portio	NAE		2	1
Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas  2 3  38 Serve furits of several varieties, especially whole furits  2 4  4 C2 Offer juice (100%) only during meal times  2 5  4 C2 Offer juice (100%) only during meal times  3 6 Serve no more than 8 to 12 oz juice/day for children 1-6 years of age  4 7  4 C2 Offer juice (100%) only during meal times  4 8 Serve no more than 8 to 12 oz juice/day for children 1-7 12 years of age  4 C2 Offer juice (100%) only during meal times  4 9 C2 Offer juice (100%) only during meal times  4 1				
Age				
Use only 100% juice with no added sweeteners  2 4  402 Offer juice (100%) only during meal times 2 4  403 Serve no more than 4 to 6 a juice/day for children 1-6 years of age 3 2 4  404 Serve no more than 8 to 12 oz juice/day for children 7-12 years of age 405 Serve no more than 8 to 12 oz juice/day for children 7-12 years of age 406 Serve no more than 8 to 12 oz juice/day for children 7-12 years of age 407 Age water available both inside and outside 408 Water available both inside and outside 409 Age water available both inside and outside 400 Make water available both inside and outside 400 Age water available both inside and outside 401 Age water available both inside and outside 402 Age water available both inside and outside 403 Age water available both inside and outside 404 Age water available both inside and outside 405 Age water available both inside and outside 406 Age water available both inside and outside 407 Age water available both inside and outside 408 Age water available both inside and outside 409 Age water available both inside and outside scales and available water available both inside and outside play 400 Age water available both inside and outside play 401 Age water available water available both inside and outside play 402 Age water available both inside and outside play 403 Age water available water available both inside and outside play 404 Age water available water available both inside and outside play 405 Age water available water available both inside and outside play 406 Age water available wat				
ACC   Offer juice (100%) only during meal times   2   4	_			
Serve no more than 4 to 6 oz juice/day for children 1-6 years of age  2 4  2 4  2 4  2 4  2 4  2 4  2 4  2		, .		
Serve no more than 8 to 12 oz juice/day for children 7-12 years of age  2 4  1010 Make water available both inside and outside 2 2 4  1020 Make water available both inside and outside 3 2 4  1031 Make water available both inside and outside 4 2 2  1042 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk 4 2 3  1042 May be a sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk 5 2 2  1042 Require adults eating meals with children to eat items that meet nutrition standards 7 2 2  1043 Require adults eating meals with children to eat items that meet nutrition standards 7 2 2  1044 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk 7 2 2 2  1045 Serve small-sized, age-appropriate portions size by using plates, bowls & cups that are developmentally suited to their nutritional needs 7 2 2  1047 Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of permit including the other water or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of permit including the other one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of permit including the other or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children to attend to permit the individual child; Teach children who require limited portions about portions and more for the order of more darking the nutritious individual child; Teach children with adequate space for both inside an			2	4
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imit salt by avoiding salty foods such as chips and pretzels  2 2 2  2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	4
Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk  2 3  18ealthy Mealtime Practices  12  12  18E1 Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs  2 2  18E2 Require adults eating meals with children to eat items that meet nutrition standards  2 2  18E3 Seve small-sized, age-appropriate portions  4 4  18F2  18F2 Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions  18E3 Do not use food as a reward or punishment  18E3 Do not use food as a reward or punishment  18E4 Provide children with adequate space for both inside and outside play  18E4 Provide children with adequate space for both inside and outside play  18E4 Provide crientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote  18E4 Provide cried cried provides on the promotion of physical activity and the removal of potential barriers to physical activity participation  18E4 Provide caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  18E4 Control activity participation  18E4 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  18E4 Allow ordered 60-90 minutes per 8-hour day for moderate to vigorous physical activity  18E4 Allow ordered 60-90 minutes per 8-hour day for moderate to vigorous physical activity  18E4 Allow ordered 60-90 minutes per 8-hour day for moderate to vigorous physical activity  18E5 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  18E5 Allow provide daily for all children, birth to six years, two or more structured or careg	ND1	Make water available both inside and outside	2	4
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Position Provide children with adequate space for both inside and outside play  Provide children with adequate space for both inside and outside play  Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity physical activity participation  Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity physical activity participation  Provide opportunities on the promotion of physical activity and the removal of potential barriers to physical activity participation  Provide caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  Provide daily for all children, birth to 6 years, two to moderate to vigorous physical activity  Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or out	NH2	Do not use food as a reward or punishment	3	3
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physical activity  Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  2 2  PARA Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  2 2  PARA Do not withhold active play from children who misbehave  3 3 3  POLI Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  3 3 4  POLI Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  3 4 1  POLI Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  POLI Ensure that infants have supervised tummy time every day when they are awake  2 4  POLI PLAY DEVELOPMENT OF ACTION OF		Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote	_	_
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Do not withhold active play from children who misbehave  Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  Ensure that infants have supervised tummy time every day when they are awake  Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all imits on Screen-Time (n = 4)  Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years  Do not utilize media (television [TV], video, and DVD) viewing and computers or physical activity  2 2 3 3 4 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5	PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2
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2010 2018 2018 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years 2019 Limit total media time for children 2 years and older to not more than 30 min. weekly 2019 Use screen media with children age two years and older only for educational purposes or physical activity 2019 Do not utilize TV, video, or DVD viewing during meal or snack time 2010 2010 2010 2010 2010 2010 2010 201	PE2	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3	4
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PBI Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years  BBI Limit total media time for children 2 years and older to not more than 30 min. weekly  BBI Use screen media with children age two years and older only for educational purposes or physical activity  BBI DO not utilize TV, video, or DVD viewing during meal or snack time  2 4			2010	2019
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PB3 Use screen media with children age two years and older only for educational purposes or physical activity  2 2  2 PB4 Do not utilize TV, video, or DVD viewing during meal or snack time  2 4				
Do not utilize TV, video, or DVD viewing during meal or snack time				
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#### Rating Code:

4	Regulation fully meets standard
3	Regulation partially meets standard
2	Regulation does not address standard
1	Regulation contradicts the standard
0	State does not regulate care type

Colorado Regulation Rating History: 2010 (CTR, LRG, SML); 2012 (CTR, LRG, SML); 2015 (CTR, LRG, SML); 2016 (CTR); 2017\* (CTR, LRG, SML)

NOTE: A starred date (i.e., 2012\* and/or 2017\*) signifies rating changes assigned to noted care type(s) due to CACFP improvements only; revised documents also were rated for CACFP changes.

## **CONNECTICUT At A Glance:**

## Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards

Healthy Infant Feeding (n = 11)		
Breastfeeding Support	2010	2019
IA1 Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3
Infant Feeding Practices		
IA2 Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4
IB1 Feed infants on cue	4	4
IB2 Do not feed infants beyond satiety; Allow infant to stop the feeding	4	4
IB3 Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	4	4
IC1 Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3
IC2 Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	4
IC3 Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	4
ID1 Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
ID2 Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	1	3
ID3   Serve no fruit juice to children younger than 12 months of age	1	4
Nutrition (n = 21)	_	·
Nutrition Standards	2010	2019
NA1 Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2019
NA2 Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3
NA3 Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older  Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%)	3	3
NA4 pasteurized milk to those who are at risk for hypercholesterolemia or obesity	2	3
NA5 Serve skim or 1% pasteurized milk to children two years of age and older	2	4
NB1 Serve whole grain breads, cereals, and pastas	3	3
NB2 Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3
NB3 Serve fruits of several varieties, especially whole fruits	3	3
NC1 Use only 100% juice with no added sweeteners	4	4
' '		
NC2 Offer juice (100%) only during meal times	2	4
NC3 Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4
NC4 Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	4
ND1 Make water available both inside and outside	4	4
NG1 Limit salt by avoiding salty foods such as chips and pretzels	2	2
NG2 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	3
Healthy Mealtime Practices		
NE1 Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
NE2 Require adults eating meals with children to eat items that meet nutrition standards	2	2
NF1   Serve small-sized, age-appropriate portions	4	4
Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of	_	
INF/	3 1	3
the individual child; Teach children who require limited portions about portion size and monitor their portions	3	3
the individual child; Teach children who require limited portions about portion size and monitor their portions  NH1 Do not force or bribe children to eat	2	2
the individual child; Teach children who require limited portions about portion size and monitor their portions  NH1 Do not force or bribe children to eat  NH2 Do not use food as a reward or punishment		
the individual child; Teach children who require limited portions about portion size and monitor their portions  NH1 Do not force or bribe children to eat	2	2
the individual child; Teach children who require limited portions about portion size and monitor their portions  NH1 Do not force or bribe children to eat  NH2 Do not use food as a reward or punishment  Physical Activity (n = 11)	2	2
the individual child; Teach children who require limited portions about portion size and monitor their portions  NH1 Do not force or bribe children to eat  NH2 Do not use food as a reward or punishment  Physical Activity (n = 11)  PA1 Provide children with adequate space for both inside and outside play	2 2	2
the individual child; Teach children who require limited portions about portion size and monitor their portions  NH1 Do not force or bribe children to eat  NH2 Do not use food as a reward or punishment  Physical Activity (n = 11)	2 2 2 2010	2 2 2 2019
the individual child; Teach children who require limited portions about portion size and monitor their portions  NH1 Do not force or bribe children to eat  NH2 Do not use food as a reward or punishment  Physical Activity (n = 11)  PA1 Provide children with adequate space for both inside and outside play  Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote	2 2 2010 4	2 2 2019 4
the individual child; Teach children who require limited portions about portion size and monitor their portions  NH1 Do not force or bribe children to eat  NH2 Do not use food as a reward or punishment  Physical Activity (n = 11)  PA1 Provide children with adequate space for both inside and outside play  PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2 2 2010 4 2	2 2 2019 4 2
the individual child; Teach children who require limited portions about portion size and monitor their portions  NH1 Do not force or bribe children to eat  NH2 Do not use food as a reward or punishment  Physical Activity (n = 11)  PA1 Provide children with adequate space for both inside and outside play  PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2 2 2010 4 2 2	2 2 2019 4 2
the individual child; Teach children who require limited portions about portion size and monitor their portions  NH1 Do not force or bribe children to eat  NH2 Do not use food as a reward or punishment  Physical Activity (n = 11)  PA1 Provide children with adequate space for both inside and outside play  PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2 2 2010 4 2 2 2	2 2 2019 4 2 2 2
the individual child; Teach children who require limited portions about portion size and monitor their portions  NH1 Do not force or bribe children to eat  NH2 Do not use food as a reward or punishment  Physical Activity (n = 11)  PA1 Provide children with adequate space for both inside and outside play  PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  PA5 Do not withhold active play from children who misbehave	2 2 2010 4 2 2 2 2 2	2 2 2019 4 2 2 2 2
the individual child; Teach children who require limited portions about portion size and monitor their portions  NH1 Do not force or bribe children to eat  NH2 Do not use food as a reward or punishment  Physical Activity (n = 11)  PA1 Provide children with adequate space for both inside and outside play  PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  PA5 Do not withhold active play from children who misbehave  PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	2 2 2010 4 2 2 2 2 2 2 3	2 2 2019 4 2 2 2 2 2 2
the individual child; Teach children who require limited portions about portion size and monitor their portions  NH1 Do not force or bribe children to eat  NH2 Do not use food as a reward or punishment  Physical Activity (n = 11)  PA1 Provide children with adequate space for both inside and outside play  Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  PA5 Do not withhold active play from children who misbehave  PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the	2 2 2 2 2 2 2 3 3 3 3 3	2 2 2019 4 2 2 2 2 2 2 3 3 3
the individual child; Teach children who require limited portions about portion size and monitor their portions  NH1 Do not force or bribe children to eat  NH2 Do not use food as a reward or punishment  Physical Activity (n = 11)  PA1 Provide children with adequate space for both inside and outside play  PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  PA5 Do not withhold active play from children who misbehave  PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  PC4 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor	2 2 2 2 2 2 2 3 3 3 3 2 2	2 2 2019 4 2 2 2 2 2 2 2 2 3 3 3 3
the individual child; Teach children who require limited portions about portion size and monitor their portions  NH1 Do not force or bribe children to eat  NH2 Do not use food as a reward or punishment  Physical Activity (n = 11)  PA1 Provide children with adequate space for both inside and outside play  Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  PA5 Do not withhold active play from children who misbehave  PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the	2 2 2 2 2 2 2 3 3 3 3 3	2 2 2019 4 2 2 2 2 2 2 3 3 3
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the individual child; Teach children who require limited portions about portion size and monitor their portions  NH1 Do not force or bribe children to eat  NH2 Do not use food as a reward or punishment  Physical Activity (n = 11)  PA1 Provide children with adequate space for both inside and outside play  Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  PA5 Do not withhold active play from children who misbehave  PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  PC4 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  PE1 Ensure that infants have supervised tummy time every day when they are awake	2 2 2 2 2 2 2 3 3 3 3 2 2 3 3	2 2 2019 4 2 2 2 2 2 2 2 2 3 3 3 3 2
the individual child; Teach children who require limited portions about portion size and monitor their portions  NH1 Do not force or bribe children to eat  NH2 Do not use food as a reward or punishment  Physical Activity (n = 11)  PA1 Provide children with adequate space for both inside and outside play  Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  PA5 Do not withhold active play from children who misbehave  PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  PC3 Ensure that infants have supervised tummy time every day when they are awake  PE4 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2 2 2 2 2 2 2 3 3 3 3 2 2 3 3	2 2 2019 4 2 2 2 2 2 2 2 2 3 3 3 3 2
the individual child; Teach children who require limited portions about portion size and monitor their portions  NH1 Do not force or bribe children to eat  NH2 Do not use food as a reward or punishment  Physical Activity (n = 11)  PA1 Provide children with adequate space for both inside and outside play  Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  PA5 Do not withhold active play from children who misbehave  PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  PC4 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  PE1 Ensure that infants have supervised tummy time every day when they are awake  PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2 2 2 2 2 2 3 3 3 2 2 3 2 2	2 2 2 2019 4 2 2 2 2 2 2 2 2 3 3 3 2 2
He individual child; Teach children who require limited portions about portion size and monitor their portions  NH1 Do not force or bribe children to eat  NH2 Do not use food as a reward or punishment  Physical Activity (n = 11)  PA1 Provide children with adequate space for both inside and outside play  Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  PA5 Do not withhold active play from children who misbehave  PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  PC9 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  PE1 Ensure that infants have supervised tummy time every day when they are awake  PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all   Limits on Screen-Time (n = 4)	2 2 2 2 2 2 2 2 3 3 3 2 2 3 2 2 2 2 2 2	2 2 2019 4 2 2 2 2 2 2 2 3 3 3 2 2 2 2 2 2 2 2 2
He individual child; Teach children who require limited portions about portion size and monitor their portions  NH1 Do not force or bribe children to eat  NH2 Do not use food as a reward or punishment  Physical Activity (n = 11)  PA1 Provide children with adequate space for both inside and outside play  Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  PA5 Do not withhold active play from children who misbehave  PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  PC4 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  PC5 Ensure that infants have supervised tummy time every day when they are awake  PC6 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  Limits on Screen-Time (n = 4)  PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2 2 2 2 2 2 2 3 3 3 2 2 2 2 2 2 2 2 2 2	2 2 2 2019 4 2 2 2 2 2 2 2 3 3 3 2 2 2 2 2 2 2 2 2
He individual child; Teach children who require limited portions about portion size and monitor their portions  NH1 Do not force or bribe children to eat  NH2 Do not use food as a reward or punishment  Physical Activity (n = 11)  PA1 Provide children with adequate space for both inside and outside play  PA2 physical Activity (n = 10)  PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  PA5 Do not withhold active play from children who misbehave  PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  PD1 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  PE1 Ensure that infants have supervised tummy time every day when they are awake  PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  Limits on Screen-Time (n = 4)  PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years  PB2 Limit total media time for children 2 years and older to not more than 30 min. weekly	2 2 2 2 2 2 2 3 3 3 2 2 2 2 2 2 2 2 2 2	2 2 2 2019 4 2 2 2 2 2 2 2 3 3 3 2 2 2019 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2

#### Rating Code:

4 Regulation fully meets standard
3 Regulation partially meets standard
2 Regulation does not address standard
1 Regulation contradicts the standard
0 State does not regulate care type

Connecticut Regulation Rating History: 2010(CTR, LRG, SML); 2012\* (CTR, LRG); 2017\* (CTR, LRG)

NOTE: A starred date (i.e., 2012\* and/or 2017\*) signifies rating changes assigned to noted care type(s) due to CACFP improvements only; revised documents also were rated for CACFP changes.

#### **DELAWARE At A Glance:**

## Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards

	Iter-based child care licensing regulations and support of 47 high-impact obesity prevention standards  Ithy Infant Feeding (n = 11)		
	stfeeding Support	2010	2019
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	4	4
	nt Feeding Practices	•	
	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4
IB1	Feed infants on cue	4	4
	Do not feed infants beyond satiety; Allow infant to stop the feeding	4	4
	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	4	3
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3
		4	4
	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age		
	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	4
	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	4	4
_	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	1	3
	Serve no fruit juice to children younger than 12 months of age	3	3
	rition (n = 21)		
	ition Standards	2010	2019
NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	3
NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%)	3	3
	pasteurized milk to those who are at risk for hypercholesterolemia or obesity		
NA5	Serve skim or 1% pasteurized milk to children two years of age and older	2	4
NB1	Serve whole grain breads, cereals, and pastas	3	3
NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	4	3
NB3	Serve fruits of several varieties, especially whole fruits	4	3
NC1	Use only 100% juice with no added sweeteners	4	4
NC2	Offer juice (100%) only during meal times	2	4
NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4
NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	4
ND1	Make water available both inside and outside	4	4
NG1	Limit salt by avoiding salty foods such as chips and pretzels	2	2
NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	3
Heal	thy Mealtime Practices		
NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	3	3
	Require adults eating meals with children to eat items that meet nutrition standards	2	4
_	Serve small-sized, age-appropriate portions	4	4
	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of		
NF2	the individual child; Teach children who require limited portions about portion size and monitor their portions	3	3
NH1	Do not force or bribe children to eat	3	3
NH2	Do not use food as a reward or punishment	3	3
Phys	ical Activity (n = 11)		
		2010	2019
PA1	Provide children with adequate space for both inside and outside play	4	4
	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote	•	
PA2	physical activity	2	3
PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	3
PA4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2
PA5	Do not withhold active play from children who misbehave	4	4
PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	4	4
PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	4
	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	3
000	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the		
PD1	course of the day—indoor or outdoor	4	3
PE1	Ensure that infants have supervised tummy time every day when they are awake	2	3
PE2	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3	3
Lim	ts on Screen-Time (n = 4)		
		2010	2019
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	4	4
	Limit total media time for children 2 years and older to not more than 30 min. weekly	3	3
	Use screen media with children age two years and older only for educational purposes or physical activity	4	4
_	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2

#### Rating Code:

4 Regulation fully meets standard
Regulation partially meets standard
Regulation does not address standard
Regulation contradicts the standard

O State does not regulate care type

Delaware Regulation Rating History: 2010 (CTR, LRG, SML); 2012\* (CTR, LRG, SML); 2015 (CTR); 2017 (LRG, SML); 2019 (CTR, LRG, SML) NOTE: A starred date (i.e., 2012\* and/or 2017\*) signifies rating changes assigned to noted care type(s) due to CACFP improvements only; revised documents also were rated for CACFP changes.

#### **DISTRICT OF COLUMBIA At A Glance:**

Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards

Healthy Infant Feeding (n = 11)		
Breastfeeding Support	2010	2019
IA1 Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	4
Infant Feeding Practices	'	
IA2 Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	4
IB1 Feed infants on cue	2	4
IB2 Do not feed infants beyond satiety; Allow infant to stop the feeding	2	4
IB3 Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	2	3
IC1 Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	2	3
IC2 Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	4
IC3 Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	4
ID1 Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
ID2 Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	2	3
ID3 Serve no fruit juice to children younger than 12 months of age	2	4
Nutrition (n = 21)	2	4
· · · ·	2010	2010
Nutrition Standards	2010	2019
NA1 Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
NA2 Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	2	3
NA3 Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	2	3
Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%)	2	3
pasteurized milk to those who are at risk for hypercholesterolemia or obesity  NAS Serve skim or 1% pasteurized milk to children two years of age and older	2	4
NB1 Serve whole grain breads, cereals, and pastas	2	3
NB2 Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	2	3
NB3 Serve fruits of several varieties, especially whole fruits	2	3
NC1 Use only 100% juice with no added sweeteners	2	4
NC2 Offer juice (100%) only during meal times	2	4
NC3 Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2	4
NC4 Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	4
ND1 Make water available both inside and outside	2	4
NG1 Limit salt by avoiding salty foods such as chips and pretzels	2	2
NG2 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	3
Healthy Mealtime Practices		
NE1 Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
NEZ Require adults eating meals with children to eat items that meet nutrition standards	2	2
NF1 Serve small-sized, age-appropriate portions	2	4
NF2 Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric need: the individual child; Teach children who require limited portions about portion size and monitor their portions	s of 2	3
NH1 Do not force or bribe children to eat	2	3
NH2 Do not use food as a reward or punishment	2	3
Physical Activity (n = 11)		
	2010	2019
PAA Denvidendrilden viith adamete van fankati inida and adaida ala	4	4
PAT Provide children with adequate space for both inside and outside play		
PA1 Provide children with adequate space for both inside and outside play  Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote	2	2
PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity		2
PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	
PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2
PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  PA5 Do not withhold active play from children who misbehave	2 2	4
PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  PA5 Do not withhold active play from children who misbehave  PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	2 2 4	4 3
PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  PA5 Do not withhold active play from children who misbehave  PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	2 2 4 3	4 3 3
PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  PA5 Do not withhold active play from children who misbehave  PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	2 2 4 3 3	4 3
PAA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  PA5 Do not withhold active play from children who misbehave  PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  PC4 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over	2 2 4 3 3	4 3 3
PAA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  PA5 Do not withhold active play from children who misbehave  PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  PC4 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over course of the day—indoor or outdoor	2 2 4 3 3 the 2	4 3 3 3 3
PAA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  PA5 Do not withhold active play from children who misbehave  PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  PC4 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over	2 2 4 3 3 the	3 3 3
PAZ Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  PA5 Do not withhold active play from children who misbehave  PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  PD4 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over course of the day—indoor or outdoor  PE1 Ensure that infants have supervised tummy time every day when they are awake	2 2 4 3 3 the 2 2	4 3 3 3 3 4
PAA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  PA5 Do not withhold active play from children who misbehave  PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  PD4 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over course of the day—indoor or outdoor  PE4 Ensure that infants have supervised tummy time every day when they are awake  PC2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2 2 4 3 3 the 2 2	4 3 3 3 3 4
PAA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  PA5 Do not withhold active play from children who misbehave  PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  PD4 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over course of the day—indoor or outdoor  PE4 Ensure that infants have supervised tummy time every day when they are awake  PC2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2 2 4 3 3 3 the 2 2 2	4 3 3 3 3 4 3
PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  PA5 Do not withhold active play from children who misbehave  PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  PD1 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over course of the day—indoor or outdoor  PE1 Ensure that infants have supervised tummy time every day when they are awake  PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  Limits on Screen-Time (n = 4)	2 2 4 4 3 3 3 the 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	4 3 3 3 4 3
PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  PA5 Do not withhold active play from children who misbehave  PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  PD1 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over course of the day—indoor or outdoor  PE1 Ensure that infants have supervised tummy time every day when they are awake  PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  Limits on Screen-Time (n = 4)	2 2 4 4 3 3 3 the 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	4 3 3 3 3 4 3 2019 3

#### Rating Code:

4 Regulation fully meets standard
Regulation partially meets standard
Regulation does not address standard
Regulation contradicts the standard
O State does not regulate care type

District of Columbia Regulation Rating History: 2010 (CTR, SML); 2016 (CTR, LRG, SML); 2017\* (CTR, LRG, SML)

NOTE: A starred date (i.e., 2012\* and/or 2017\*) signifies rating changes assigned to noted care type(s) due to CACFP improvements only; revised documents also were rated for CACFP changes.

## FLORIDA At A Glance:

#### Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards

	iter-based clind care iterising regulations and support of 47 high-impact obesity prevention standards		
Hea	Ithy Infant Feeding (n = 11)		
Brea	astfeeding Support	2010	2019
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	3
Infa	nt Feeding Practices		
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	4
IB1	Feed infants on cue	2	4
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	4
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	2	3
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	2	3
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	4
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	4
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	2	3
ID3	Serve no fruit juice to children younger than 12 months of age	2	4
Nut	rition (n = 21)		
Nuti	rition Standards	2010	2019
NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	2	3
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	2	3
NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%)	2	3
	pasteurized milk to those who are at risk for hypercholesterolemia or obesity		
_	Serve skim or 1% pasteurized milk to children two years of age and older	2	4
_	Serve whole grain breads, cereals, and pastas	2	3
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	2	3
_	Serve fruits of several varieties, especially whole fruits	2	3
	Use only 100% juice with no added sweeteners	2	4
	Offer juice (100%) only during meal times	2	4
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2	4
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	4
	Make water available both inside and outside	4	4
_	Limit salt by avoiding salty foods such as chips and pretzels	2	2
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	3
_	thy Mealtime Practices	_	
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
_	Require adults eating meals with children to eat items that meet nutrition standards	2	2
NF1	Serve small-sized, age-appropriate portions	2	4
NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions	3	3
NH1	Do not force or bribe children to eat	2	3
	Do not use food as a reward or punishment	3	3
	sical Activity (n = 11)		
		2010	2019
PA1	Provide children with adequate space for both inside and outside play	4	4
PA2	Provide orientation and annual training opportunities for caregivers theachers to learn age-appropriate gross motor activities and games that promote	2	
	physical activity		2
	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2
_	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2
_	Do not withhold active play from children who misbehave	2	4
	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	4
DC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	2
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	2
	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the		2
PC3 PD1	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor	2	2
PC3 PD1 PE1	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  Ensure that infants have supervised tummy time every day when they are awake	2 2	2
PC3 PD1 PE1 PE2	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  Ensure that infants have supervised tummy time every day when they are awake  Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	2
PC3 PD1 PE1 PE2	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  Ensure that infants have supervised tummy time every day when they are awake	3 2 2 2	3 3
PC3 PD1 PE1 PE2 Lim	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  Ensure that infants have supervised tummy time every day when they are awake  Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  its on Screen-Time (n = 4)	2 2 2 2 2010	2 3 3 2019
PC3 PD1 PE1 PE2 Lim PB1	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  Ensure that infants have supervised tummy time every day when they are awake  Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  its on Screen-Time (n = 4)  Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2 2 2 2 2 2010 2	2 3 3 2019 4
PC3 PD1 PE1 PE2 Lim PB1 PB2	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  Ensure that infants have supervised tummy time every day when they are awake  Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  its on Screen-Time (n = 4)  Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years  Limit total media time for children 2 years and older to not more than 30 min. weekly	2 2 2 2 2010 2 2	2 3 3 2019 4 3
PC3 PD1 PE1 PE2 Lim PB1 PB2 PB3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  Ensure that infants have supervised tummy time every day when they are awake  Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  its on Screen-Time (n = 4)  Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2 2 2 2 2 2010 2	2 3 3 2019 4

#### Rating Code:

4 Regulation fully meets standard
3 Regulation partially meets standard
2 Regulation does not address standard
1 Regulation contradicts the standard
0 State does not regulate care type

Florida Regulation Rating History: 2010 (CTR, LRG, SML); 2012 (CTR, LRG, SML); 2013 (CTR); 2017 (CTR, LRG, SML); 2019 (LRG, SML) NOTE: A starred date (i.e., 2012\* and/or 2017\*) signifies rating changes assigned to noted care type(s) due to CACFP improvements only; revised documents also were rated for CACFP changes.

## **GEORGIA At A Glance:**

## Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards

Hea	Ithy Infant Feeding (n = 11)		
	astfeeding Support	2010	2019
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	4	4
_	nt Feeding Practices		
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4
IB1		4	4
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	4	4
-	Hold infants while bottle feeding, Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3
-	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3
-	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	4
-	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	4
-	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
_	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	1	3
<u> </u>	Serve no fruit juice to children younger than 12 months of age	1	4
	rition (n = 21)		_
	rition Standards	2010	2019
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2019
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3
-	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	3
IVAS	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%)	3	3
NA4	pasteurized milk to those who are at risk for hypercholesterolemia or obesity	2	3
NA5	Serve skim or 1% pasteurized milk to children two years of age and older	2	4
NB1	Serve whole grain breads, cereals, and pastas	3	3
NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3
NB3	Serve fruits of several varieties, especially whole fruits	3	3
NC1	Use only 100% juice with no added sweeteners	4	4
-	Offer juice (100%) only during meal times	2	4
-	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4
_	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	4
	Make water available both inside and outside	3	4
NG1	Limit salt by avoiding salty foods such as chips and pretzels	2	2
_	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	3	3
	thy Mealtime Practices		
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
-	Require adults eating meals with children to eat items that meet nutrition standards	2	2
	Serve small-sized, age-appropriate portions	4	4
	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of	2	2
NF2	the individual child; Teach children who require limited portions about portion size and monitor their portions	3	3
NH1	Do not force or bribe children to eat	3	3
NH2	Do not use food as a reward or punishment	4	4
Phy:	sical Activity (n = 11)		
		2010	2019
PA1	Provide children with adequate space for both inside and outside play	4	4
PA2	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2
PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2
PA4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2
PA5	Do not withhold active play from children who misbehave	2	2
PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3
PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	3
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	3
PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the	2	2
	course of the day—indoor or outdoor		
	Ensure that infants have supervised tummy time every day when they are awake	2	4
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3	3
Lim	its on Screen-Time (n = 4)	2010	2019
PR1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2	2
	Limit total media time for children 2 years and older to not more than 30 min. weekly	3	3
	Use screen media with children age two years and older only for educational purposes or physical activity	2	2
_	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2
	1		

#### Rating Code:

4 Regulation fully meets standard
Regulation partially meets standard
Regulation does not address standard
Regulation contradicts the standard
State does not regulate care type

Georgia Regulation Rating History: 2010 (CTR, LRG, SML); 2014 (CTR, LRG, SML); 2017\* (CTR)

NOTE: A starred date (i.e., 2012\* and/or 2017\*) signifies rating changes assigned to noted care type(s) due to CACFP improvements only; revised documents also were rated for CACFP changes.

## **HAWAII At A Glance:**

## Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards

	tter-based tillid tare ilcensing regulations and support of 47 high-impact obesity prevention standards		
Hea	Ithy Infant Feeding (n = 11)		
Brea	stfeeding Support	2010	2019
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3
Infa	nt Feeding Practices		
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4
IB1	Feed infants on cue	4	4
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	4	4
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	4	4
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	4
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	4
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	1	4
ID3	Serve no fruit juice to children younger than 12 months of age	1	4
	rition (n = 21)		
	ition Standards	2010	2019
NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
_	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3
	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	3
	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%)		
NA4	pasteurized milk to those who are at risk for hypercholesterolemia or obesity	2	3
NA5	Serve skim or 1% pasteurized milk to children two years of age and older	2	4
NB1	Serve whole grain breads, cereals, and pastas	3	3
NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3
NB3	Serve fruits of several varieties, especially whole fruits	3	3
NC1	Use only 100% juice with no added sweeteners	4	4
NC2	Offer juice (100%) only during meal times	2	4
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	4
_	Make water available both inside and outside	3	4
	Limit salt by avoiding salty foods such as chips and pretzels	2	2
_	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	3
	thy Mealtime Practices	-	<u> </u>
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
	Require adults eating meals with children to eat items that meet nutrition standards	2	2
	Serve small-sized, age-appropriate portions	4	4
141.1	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of		
NF2	the individual child; Teach children who require limited portions about portion size and monitor their portions	3	3
NH1	Do not force or bribe children to eat	3	3
NH2	Do not use food as a reward or punishment	4	4
Phys	ical Activity (n = 11)		
		2010	2019
PA1	Provide children with adequate space for both inside and outside play	4	4
	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote		
PA2	physical activity	2	2
PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2
PA4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2
PA5	Do not withhold active play from children who misbehave	2	2
PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3
PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	3
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	3
PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the	2	2
1טין	course of the day—indoor or outdoor	2	2
PE1	Ensure that infants have supervised tummy time every day when they are awake	2	2
PE2	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	2
Limi	ts on Screen-Time (n = 4)		
		2010	2019
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2	2
PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	2	2
PB3	Use screen media with children age two years and older only for educational purposes or physical activity	2	2
	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2
PB4			

#### Rating Code:

4 Regulation fully meets standard
3 Regulation partially meets standard
2 Regulation does not address standard
1 Regulation contradicts the standard
0 State does not regulate care type

Hawaii Regulation Rating History: 2010 (CTR, LRG, SML); 2012\* (CTR, LRG, SML); 2017\* (CTR, LRG, SML) NOTE: A starred date (i.e., 2012\* and/or 2017\*) signifies rating changes assigned to noted care type(s) due to CACFP improvements only; revised documents also were rated for CACFP changes.

## **IDAHO At A Glance:**

## Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards

Brea	Ithy Infant Feeding (n = 11)		
_	astfeeding Support	2010	2019
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	2
Infar	nt Feeding Practices		
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	2
IB1	Feed infants on cue	2	2
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	2
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	2	2
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	2	2
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	2
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	2
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	2	2
ID3	Serve no fruit juice to children younger than 12 months of age	2	2
Nuti	rition (n = 21)		
Nutr	rition Standards	2010	2019
NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	2	2
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	2	2
NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%)	2	2
NAF	pasteurized milk to those who are at risk for hypercholesterolemia or obesity	2	2
	Serve skim or 1% pasteurized milk to children two years of age and older  Serve whole grain breads, cereals, and pastas		
_		2	2
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas  Serve fruits of several varieties, especially whole fruits	2	2
	Use only 100% juice with no added sweeteners	2	2
	Offer juice (100%) only during meal times	2	2
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2	2
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	2
_	Make water available both inside and outside	2	2
	Limit salt by avoiding salty foods such as chips and pretzels	2	2
_	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	2
	thy Mealtime Practices	2	2
_	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
	Require adults eating meals with children to eat items that meet nutrition standards	2	2
	Serve small-sized, age-appropriate portions	2	2
	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of		
NF2	the individual child; Teach children who require limited portions about portion size and monitor their portions	_	
	the individual child, reach children who require limited portions about portion size and monitor their portions	2	2
NH1	Do not force or bribe children to eat	2	2
NH2	Do not force or bribe children to eat	2	2
NH2	Do not force or bribe children to eat  Do not use food as a reward or punishment	2	2
NH2 Phys	Do not force or bribe children to eat  Do not use food as a reward or punishment  sical Activity (n = 11)  Provide children with adequate space for both inside and outside play	2 2	2 2
Phys	Do not force or bribe children to eat  Do not use food as a reward or punishment  Sical Activity (n = 11)  Provide children with adequate space for both inside and outside play  Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote	2 2 2010 2	2 2 2019 2
Phys PA1 PA2	Do not force or bribe children to eat  Do not use food as a reward or punishment  sical Activity (n = 11)  Provide children with adequate space for both inside and outside play  Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2 2 2010 2	2 2 2019 2
PA1 PA2 PA3	Do not force or bribe children to eat  Do not use food as a reward or punishment  Sical Activity (n = 11)  Provide children with adequate space for both inside and outside play  Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2 2 2010 2 2 2	2 2 2019 2 2 2
PA1 PA2 PA3 PA4	Do not force or bribe children to eat  Do not use food as a reward or punishment  Sical Activity (n = 11)  Provide children with adequate space for both inside and outside play  Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2 2 2010 2 2 2 2	2 2 2019 2 2 2 2
PA1 PA2 PA3 PA4 PA5	Do not see food as a reward or punishment  sical Activity (n = 11)  Provide children with adequate space for both inside and outside play  Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  Do not withhold active play from children who misbehave	2 2 2010 2 2 2 2 2 2	2 2 2019 2 2 2 2 2
PA1 PA2 PA3 PA4 PA5 PC1	Do not see food as a reward or punishment  Sical Activity (n = 11)  Provide children with adequate space for both inside and outside play  Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  Do not withhold active play from children who misbehave  Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	2 2 2010 2 2 2 2 2 2 2 2	2 2 2019 2 2 2 2 2 2 2
PA1 PA2 PA3 PA4 PA5 PC1 PC2	Do not use food as a reward or punishment  Sical Activity (n = 11)  Provide children with adequate space for both inside and outside play  Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  Do not withhold active play from children who misbehave  Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	2 2 2019 2 2 2 2 2 2 2 2
PA1 PA2 PA3 PA4 PA5 PC1 PC2	Do not use food as a reward or punishment  Sical Activity (n = 11)  Provide children with adequate space for both inside and outside play  Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  Do not withhold active play from children who misbehave  Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	2 2 2010 2 2 2 2 2 2 2 2	2 2 2019 2 2 2 2 2 2 2
PA1 PA2 PA3 PA4 PA5 PC1 PC2	Do not use food as a reward or punishment  Sical Activity (n = 11)  Provide children with adequate space for both inside and outside play  Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  Do not withhold active play from children who misbehave  Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the	2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	2 2 2019 2 2 2 2 2 2 2 2
PA1 PA2 PA3 PA4 PA5 PC1 PC2 PC3	Do not use food as a reward or punishment  Sical Activity (n = 11)  Provide children with adequate space for both inside and outside play  Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  Do not withhold active play from children who misbehave  Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the	2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	2 2 2019 2 2 2 2 2 2 2 2 2
PA1 PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1	Do not use food as a reward or punishment  Sical Activity (n = 11)  Provide children with adequate space for both inside and outside play  Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  Do not withhold active play from children who misbehave  Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor	2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	2 2 2019 2 2 2 2 2 2 2 2 2 2 2 2 2 2
PA1 PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1	Do not use food as a reward or punishment  Sical Activity (n = 11)  Provide children with adequate space for both inside and outside play  Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  Do not withhold active play from children who misbehave  Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  Ensure that infants have supervised tummy time every day when they are awake	2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	2 2 2019 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2
PA1 PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1	Do not use food as a reward or punishment  Sical Activity (n = 11)  Provide children with adequate space for both inside and outside play  Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  Do not withhold active play from children who misbehave  Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  Ensure that infants have supervised tummy time every day when they are awake  Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	2 2 2019 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2
PA1 PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2 Limi	Do not use food as a reward or punishment  Sical Activity (n = 11)  Provide children with adequate space for both inside and outside play  Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  Do not withhold active play from children who misbehave  Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  Ensure that infants have supervised tummy time every day when they are awake  Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2 2 2010 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	2 2 2 2019 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2
PA1 PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2 Limi	Do not use food as a reward or punishment    Do not use food as a reward or punishment	2 2 2010 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	2 2 2019 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2
PA1 PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2 Limi PB1 PB2	Do not sort force or bribe children to eat  Do not use food as a reward or punishment  sical Activity (n = 11)  Provide children with adequate space for both inside and outside play  Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  Do not withhold active play from children who misbehave  Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  Ensure that infants have supervised tummy time every day when they are awake  Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all its on Screen-Time (n = 4)  Do not utilize media (television (TV), video, and DVD) viewing and computers with children younger than 2 years	2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	2 2 2019 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2

#### Rating Code:

4 Regulation fully meets standard Idaho Regulation Rating History: 2010 (CTR, LRG, SML)
3 Regulation partially meets standard

2 Regulation does not address standard

1 Regulation contradicts the standard

0 State does not regulate care type

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## **ILLINOIS At A Glance:**

## Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards

Center-based clinic care incentsing regulations and support of 47 migri-impact obesity prevention standards		
Healthy Infant Feeding (n = 11)		
Breastfeeding Support	2010	2019
IA1   Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	3
Infant Feeding Practices		
IA2 Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	1	1
IB1 Feed infants on cue	2	3
IB2 Do not feed infants beyond satiety; Allow infant to stop the feeding	2	3
IB3 Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	4
IC1 Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3
IC2 Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	4	4
IC3 Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	3
ID1 Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	4
ID2 Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	1	1
ID3   Serve no fruit juice to children younger than 12 months of age	1	3
Nutrition (n = 21)		
Nutrition Standards	2010	2019
NA1 Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	4
NA2 Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3
NA3 Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	3
Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%)		3
pasteurized milk to those who are at risk for hypercholesterolemia or obesity	3	4
NA5 Serve skim or 1% pasteurized milk to children two years of age and older	3	4
NB1   Serve whole grain breads, cereals, and pastas	3	3
NB2   Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3
NB3 Serve fruits of several varieties, especially whole fruits	4	4
NC1 Use only 100% juice with no added sweeteners	4	4
NC2 Offer juice (100%) only during meal times	2	4
NC3 Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4
	4	
NC4 Serve no more than 8 to 12 oz juice/day for children 7-12 years of age		4
ND1 Make water available both inside and outside	3	4
NG1 Limit salt by avoiding salty foods such as chips and pretzels	2	4
NG2   Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	3	4
Healthy Mealtime Practices		
NE1 Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	3	3
NE2 Require adults eating meals with children to eat items that meet nutrition standards	2	2
NF1   Serve small-sized, age-appropriate portions	4	4
Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of NF2	3	3
the individual child; Teach children who require limited portions about portion size and monitor their portions		
NH1 Do not force or bribe children to eat	4	4
NH2 Do not use food as a reward or punishment	4	4
Physical Activity (n = 11)		
	2010	2019
PA1 Provide children with adequate space for both inside and outside play	4	4
PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2
PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2
PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2
PA5 Do not withhold active play from children who misbehave	3	4
PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	4
PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	3
PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	3
Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the	3	3
Course of the day—indoor or outdoor		
'		4
PE1 Ensure that infants have supervised tummy time every day when they are awake	4	
PE1 Ensure that infants have supervised tummy time every day when they are awake PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	2
PE1 Ensure that infants have supervised tummy time every day when they are awake		2
PE1 Ensure that infants have supervised tummy time every day when they are awake  PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  Limits on Screen-Time (n = 4)		2 2019
PE1 Ensure that infants have supervised tummy time every day when they are awake PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	
PE1 Ensure that infants have supervised tummy time every day when they are awake  PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  Limits on Screen-Time (n = 4)	2010	2019
PE1 Ensure that infants have supervised tummy time every day when they are awake  PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  Limits on Screen-Time (n = 4)  PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2010	2019 4
PE1 Ensure that infants have supervised tummy time every day when they are awake  PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  Limits on Screen-Time (n = 4)  PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years  PB2 Limit total media time for children 2 years and older to not more than 30 min. weekly	2010	2019 4 3

#### Rating Code:

4 Regulation fully meets standard Illinois Regulation Rating History: 2010 (CTR, LRG, SML); 2014 (CTR)

3 Regulation partially meets standard

2 Regulation does not address standard

1 Regulation contradicts the standard

0 State does not regulate care type

## **INDIANA At A Glance:**

## Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards

Center-based china care incensing regulations and support of 47 high-impact obesity prevention standards		
Healthy Infant Feeding (n = 11)		
Breastfeeding Support	2010	2019
IA1   Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3
Infant Feeding Practices		
IA2   Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	2
IB1   Feed infants on cue	3	3
IB2 Do not feed infants beyond satiety; Allow infant to stop the feeding	2	2
IB3 Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	4	4
IC1 Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	2	2
IC2 Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	2
IC3 Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	2
ID1 Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
ID2 Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	2	2
ID3 Serve no fruit juice to children younger than 12 months of age	2	2
Nutrition (n = 21)		
Nutrition Standards	2010	2019
NA1 Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
NA2 Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	2	2
NA3   Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	2	2
NA4 Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%)	3	3
pasteurized milk to those who are at risk for hypercholesterolemia or obesity		
NAS   Serve skim or 1% pasteurized milk to children two years of age and older	1	1
NB1 Serve whole grain breads, cereals, and pastas	2	2
NB2 Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	2	2
NB3   Serve fruits of several varieties, especially whole fruits	2	2
NC1 Use only 100% juice with no added sweeteners	4	4
NC2 Offer juice (100%) only during meal times	2	2
NC3 Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2	2
NC4   Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	2
ND1 Make water available both inside and outside	3	3
NG1 Limit salt by avoiding salty foods such as chips and pretzels	2	2
NG2 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	3	3
Healthy Mealtime Practices		
NE1 Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	3	3
NE2 Require adults eating meals with children to eat items that meet nutrition standards	2	2
NF1 Serve small-sized, age-appropriate portions	2	2
NF2 Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of	1	1
the individual child; I each children who require limited portions about portion size and monitor their portions	1	1
NH1 Do not force or bribe children to eat	2	2
NH2 Do not use food as a reward or punishment	4	4
Physical Activity (n = 11)		
	2010	2019
PA1 Provide children with adequate space for both inside and outside play	4	4
Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2
PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2
PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2
PAS Do not withhold active play from children who misbehave	3	3
PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3
PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	3
PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	3
Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor	3	3
PE1 Ensure that infants have supervised tummy time every day when they are awake	2	2
PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3	3
Limits on Screen-Time (n = 4)		
	2010	2019
PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	4	4
PB2 Limit total media time for children 2 years and older to not more than 30 min. weekly	2	2
PB3 Use screen media with children age two years and older only for educational purposes or physical activity	4	4
	2	2
PB4 Do not utilize TV, video, or DVD viewing during meal or snack time		

#### Rating Code:

4	Regulation fully meets standard	Indiana Regulation Rating History: 2010 (CTR, LRG, SML)
3	Regulation partially meets standard	

2 Regulation does not address standard
1 Regulation contradicts the standard
0 State does not regulate care type

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## **IOWA At A Glance:**

## Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards

Healthy Infant Feeding (n = 11)		
Breastfeeding Support	2010	2010
IA1   Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	<b>2019</b>
Infant Feeding Practices	3	
IA2 Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4
IB1 Feed infants on cue	4	4
IB2 Do not feed infants beyond satiety; Allow infant to stop the feeding	4	4
IB3 Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3
IC1 Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3
IC2 Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	4
	3	4
IC3 Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	
ID1 Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction		2
ID2 Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	1	4
ID3   Serve no fruit juice to children younger than 12 months of age	1	4
Nutrition (n = 21)		
Nutrition Standards Control of the C	2010	2019
NA1 Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
NA2 Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3
NA3 Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	3
NA4 Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to those who are at risk for hypercholesterolemia or obesity	3	3
NAS Serve skim or 1% pasteurized milk to children two years of age and older	2	4
NB1 Serve whole grain breads, cereals, and pastas	3	3
NB2   Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3
NB3 Serve fruits of several varieties, especially whole fruits	3	3
NC1 Use only 100% juice with no added sweeteners	4	4
NC2 Offer juice (100%) only during meal times	2	4
NC3   Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4
NC4   Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	4
ND1 Make water available both inside and outside	3	4
NG1 Limit salt by avoiding salty foods such as chips and pretzels	2	2
NG2 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	3
Healthy Mealtime Practices		
NE1 Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
NE2 Require adults eating meals with children to eat items that meet nutrition standards	2	2
NF1   Serve small-sized, age-appropriate portions	4	4
NF2 Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of	3	3
the individual child; leach children who require limited portions about portion size and monitor their portions		
NH1 Do not force or bribe children to eat	2	2
NH2 Do not use food as a reward or punishment	3	3
Physical Activity (n = 11)		
	2010	2019
	4	4
PA1 Provide children with adequate space for both inside and outside play		2
Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote	2	-
Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	
Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote	2	2
Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2
PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	
Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2
PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  PA5 Do not withhold active play from children who misbehave	2 2 2	2
PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  PA5 Do not withhold active play from children who misbehave  PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	2 2 2 3	2 2 3
PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  PA5 Do not withhold active play from children who misbehave  PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the	2 2 2 3 3	2 2 3 3
PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  PA5 Do not withhold active play from children who misbehave  PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the	2 2 2 3 3 3	2 2 3 3 3 3
Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  PA5 Do not withhold active play from children who misbehave  PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  PD1 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  PE1 Ensure that infants have supervised tummy time every day when they are awake	2 2 2 3 3 3 3	2 2 3 3 3 3 2
PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  PA5 Do not withhold active play from children who misbehave  PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  PD1 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor	2 2 2 3 3 3 3	2 2 3 3 3 3
Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  PA5 Do not withhold active play from children who misbehave  PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  PD1 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  PE1 Ensure that infants have supervised tummy time every day when they are awake  PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2 2 2 3 3 3 3 2 2	2 2 3 3 3 3 2
Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  PA5 Do not withhold active play from children who misbehave  PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  PD1 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  PE1 Ensure that infants have supervised tummy time every day when they are awake  PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  Limits on Screen-Time (n = 4)	2 2 2 3 3 3 3 3 2 2	2 2 3 3 3 3 2 2 2
Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  PA5 Do not withhold active play from children who misbehave  PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  PD1 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  PE1 Ensure that infants have supervised tummy time every day when they are awake  PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  Limits on Screen-Time (n = 4)  PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2 2 2 3 3 3 3 2 2 2	2 2 3 3 3 3 2 2 2 2019 2
Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  PA5 Do not withhold active play from children who misbehave  PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  PD1 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  PE1 Ensure that infants have supervised tummy time every day when they are awake  PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  Limits on Screen-Time (n = 4)  PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years  PB2 Limit total media time for children 2 years and older to not more than 30 min. weekly	2 2 2 3 3 3 3 2 2 2 2010 2	2 2 3 3 3 3 2 2 2 2019 2
Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  PA5 Do not withhold active play from children who misbehave  PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  PD1 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  PE1 Ensure that infants have supervised tummy time every day when they are awake  PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  Limits on Screen-Time (n = 4)  PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2 2 2 3 3 3 3 2 2 2	2 2 3 3 3 3 2 2 2 2019 2

#### Rating Code:

4 Regulation fully meets standard
3 Regulation partially meets standard
2 Regulation does not address standard
1 Regulation contradicts the standard
0 State does not regulate care type

lowa Regulation Rating History: 2010 (CTR, LRG, SML); 2012 (CTR, LRG)/2012\* (SML); 2017\* (CTR, LRG, SML) NOTE: A starred date (i.e., 2012\* and/or 2017\*) signifies rating changes assigned to noted care type(s) due to CACFP improvements only; revised documents also were rated for CACFP changes.

## **KANSAS At A Glance:**

## Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards

Healthy Infant Feeding (n = 11)		
Breastfeeding Support	2010	2019
IA1   Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3
Infant Feeding Practices		
IA2   Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	2
IB1   Feed infants on cue	2	2
IB2 Do not feed infants beyond satiety; Allow infant to stop the feeding	2	2
IB3 Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3
IC1 Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3
IC2 Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	2
IC3 Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	2
ID1 Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
ID2 Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	2	2
ID3 Serve no fruit juice to children younger than 12 months of age	2	2
Nutrition (n = 21)		
Nutrition Standards	2010	2019
NA1 Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
NA2 Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3
NA3 Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	3
Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%)	2	2
pasteurized milk to those who are at risk for hypercholesterolemia or obesity	2	2
NAS   Serve skim or 1% pasteurized milk to children two years of age and older	2	2
NB1 Serve whole grain breads, cereals, and pastas	2	2
NB2 Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3
NB3   Serve fruits of several varieties, especially whole fruits	3	3
NC1 Use only 100% juice with no added sweeteners	4	4
NC2 Offer juice (100%) only during meal times	2	2
NC3 Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2	2
NC4 Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	2
ND1 Make water available both inside and outside	4	4
NG1 Limit salt by avoiding salty foods such as chips and pretzels	2	2
NG2 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	2
Healthy Mealtime Practices		
NE1 Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
NE2 Require adults eating meals with children to eat items that meet nutrition standards	2	2
NF1 Serve small-sized, age-appropriate portions	2	2
NF2 Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of	1	1
the individual child; I each children who require limited portions about portion size and monitor their portions	1	1
NH1 Do not force or bribe children to eat	3	3
NH2 Do not use food as a reward or punishment	3	3
Physical Activity (n = 11)		
Physical Activity (n = 11)	2010	2019
PA1 Provide children with adequate space for both inside and outside play	<b>2010</b>	<b>2019</b>
PA1 Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote	4	4
PA1 Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2
PA1 Provide children with adequate space for both inside and outside play  PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2 2	2 2
PA1 Provide children with adequate space for both inside and outside play  PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2 2 2	2 2 2
PA1 Provide children with adequate space for both inside and outside play  PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  PA5 Do not withhold active play from children who misbehave	2 2 2 2 2	2 2 2 2 2
PA1 Provide children with adequate space for both inside and outside play  PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  PA5 Do not withhold active play from children who misbehave  PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	2 2 2 2 2 3	2 2 2 2 2 3
PA1 Provide children with adequate space for both inside and outside play  PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  PA5 Do not withhold active play from children who misbehave  PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	2 2 2 2 2 3 3	4 2 2 2 2 2 3 3
PA1 Provide children with adequate space for both inside and outside play  PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  PA5 Do not withhold active play from children who misbehave  PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the	4 2 2 2 2 2 3 3 3	4 2 2 2 2 2 3 3 3
PA1 Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so PA5 Do not withhold active play from children who misbehave PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PC4 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor	4 2 2 2 2 2 3 3 3 3	4 2 2 2 2 2 3 3 3 3
PA1 Provide children with adequate space for both inside and outside play  PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  PA5 Do not withhold active play from children who misbehave  PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  PD1 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  PE1 Ensure that infants have supervised tummy time every day when they are awake	4 2 2 2 2 2 3 3 3 3 3	4 2 2 2 2 2 3 3 3 3 3 2
PA1 Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so PA5 Do not withhold active play from children who misbehave PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PD1 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor PE1 Ensure that infants have supervised tummy time every day when they are awake PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	4 2 2 2 2 2 3 3 3 3 3	4 2 2 2 2 2 3 3 3 3 3 2
PA1 Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so PA5 Do not withhold active play from children who misbehave PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PD1 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor PE1 Ensure that infants have supervised tummy time every day when they are awake PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	4 2 2 2 2 2 3 3 3 3 2 3	4 2 2 2 2 2 3 3 3 3 2 3
PA1 Provide children with adequate space for both inside and outside play  Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  PA5 Do not withhold active play from children who misbehave  PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  PD1 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  PE1 Ensure that infants have supervised tummy time every day when they are awake  PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  Limits on Screen-Time (n = 4)	4 2 2 2 2 2 3 3 3 3 2 3	4 2 2 2 2 2 3 3 3 3 2 3 2
PA1 Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so PA5 Do not withhold active play from children who misbehave PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PD1 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor PE1 Ensure that infants have supervised tummy time every day when they are awake PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  Limits on Screen-Time (n = 4)  PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	4 2 2 2 2 2 3 3 3 3 2 3 2 3	4 2 2 2 2 2 3 3 3 3 2 3 2 3 2 3
PA1 Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so PA5 Do not withhold active play from children who misbehave PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PD1 rovide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor PE1 Ensure that infants have supervised tummy time every day when they are awake PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  Limits on Screen-Time (n = 4)  PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years PB2 Limit total media time for children 2 years and older to not more than 30 min. weekly	4 2 2 2 2 2 3 3 3 3 2 3 2 3 2 3 2 3 2 2 3 2 3 2 3 2 3	4 2 2 2 2 3 3 3 3 2 3 2 3 2 3 2 3 2

#### Rating Code:

4 Regulation fully meets standard
3 Regulation partially meets standard
2 Regulation does not address standard
1 Regulation contradicts the standard
0 State does not regulate care type

Kansas Regulation Rating History: 2010 (CTR, LRG, SML); 2012 (CTR, LRG, SML); 2013 (LRG, SML)

NOTE: A starred date (i.e., 2012\* and/or 2017\*) signifies rating changes assigned to noted care type(s) due to CACFP improvements only; revised documents also were rated for CACFP changes.

## **KENTUCKY At A Glance:**

## Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards

Center-based clinic care incensing regulations and support of 47 high-impact obesity prevention standards		
Healthy Infant Feeding (n = 11)		
Breastfeeding Support	2010	2019
IA1   Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	3
Infant Feeding Practices		
[1A2] Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	4
IB1   Feed infants on cue	2	2
IB2 Do not feed infants beyond satiety; Allow infant to stop the feeding	3	4
IB3 Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	4	4
IC1 Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	2	2
IC2 Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	2
IC3 Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	2
ID1 Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
ID2 Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	2	2
ID3 Serve no fruit juice to children younger than 12 months of age	2	2
Nutrition (n = 21)		
Nutrition Standards	2010	2019
NA1 Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
NA2   Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	2	2
NA3   Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	2	2
Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%)		
NAA pasteurized milk to those who are at risk for hypercholesterolemia or obesity	2	3
NA5 Serve skim or 1% pasteurized milk to children two years of age and older	2	4
NB1 Serve whole grain breads, cereals, and pastas	2	3
NB2 Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3
NB3 Serve fruits of several varieties, especially whole fruits	3	3
NC1 Use only 100% juice with no added sweeteners	4	4
NC2 Offer juice (100%) only during meal times	2	4
NC3   Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2	2
NC4   Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	2
ND1 Make water available both inside and outside	3	4
NG1 Limit salt by avoiding salty foods such as chips and pretzels	2	2
NG2 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	2
Healthy Mealtime Practices		
	2	3
NE1   Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs  NE2   Require adults eating meals with children to eat items that meet nutrition standards	2	2
	4	3
NF1   Serve small-sized, age-appropriate portions   Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of	4	3
the individual child; Teach children who require limited portions about portion size and monitor their portions	1	1
NH1 Do not force or bribe children to eat	2	2
NH2 Do not use food as a reward or punishment	3	4
Physical Activity (n = 11)		
. Nysterretainty (ii 22)	2010	2019
PA1 Provide children with adequate space for both inside and outside play	4	4
Provide orientation and annual training opportunities for caregivers treachers to learn age-appropriate gross motor activities and games that promote		
physical activity	2	2
PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2
PAA Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2
PA5 Do not withhold active play from children who misbehave	2	2
PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3
PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	3
PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	3
Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the	2	2
PE1 Ensure that infants have supervised tummy time every day when they are awake	2	2
	2	2
PE2   Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	2
Limits on Screen-Time (n = 4)	2010	2010
Dead to the state of the state	2010	2019
PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2	3
PB2 Limit total media time for children 2 years and older to not more than 30 min. weekly	2	3
	2	
PB3 Use screen media with children age two years and older only for educational purposes or physical activity  PB4 Do not utilize TV, video, or DVD viewing during meal or snack time	2	4

#### Rating Code:

Regulation fully meets standard Kentucky Regulation Rating History: 2010 (CTR, LRG, SML); 2013 (CTR, LRG); 2018 (CTR, LRG, SML)
Regulation partially meets standard
Regulation does not address standard
Regulation contradicts the standard

State does not regulate care type

## **LOUISIANA At A Glance:**

#### Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards

Center-based clinic care incensing regulations and support of 47 high-impact obesity prevention standards		
Healthy Infant Feeding (n = 11)		
Breastfeeding Support	2010	2019
IA1   Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3
Infant Feeding Practices		
IA2   Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	1	4
IB1   Feed infants on cue	4	4
IB2 Do not feed infants beyond satiety; Allow infant to stop the feeding	4	4
IB3 Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	4	3
IC1 Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3
IC2 Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	4
IC3 Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	4
ID1 Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
ID2   Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	1	3
ID3 Serve no fruit juice to children younger than 12 months of age	1	4
Nutrition (n = 21)		
Nutrition Standards	2010	2019
NA1 Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
NA2 Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3
NA3   Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	3
NA4 Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%)	2	3
pasteurized milk to those who are at risk for hypercholesterolemia or obesity		
NAS   Serve skim or 1% pasteurized milk to children two years of age and older	2	4
NB1 Serve whole grain breads, cereals, and pastas	3	3
NB2 Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3
NB3   Serve fruits of several varieties, especially whole fruits	4	3
NC1 Use only 100% juice with no added sweeteners	4	4
NC2 Offer juice (100%) only during meal times	2	4
NC3 Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4
NC4   Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	4
ND1 Make water available both inside and outside	4	4
NG1 Limit salt by avoiding salty foods such as chips and pretzels	2	2
NG2 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	3
Healthy Mealtime Practices		
NE1 Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
NE2 Require adults eating meals with children to eat items that meet nutrition standards	2	2
NF1 Serve small-sized, age-appropriate portions	4	4
NF2 Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of	1	3
the individual child; I each children who require limited portions about portion size and monitor their portions		
NH1 Do not force or bribe children to eat	2	3
NH2 Do not use food as a reward or punishment	3	3
Physical Activity (n = 11)		
	2010	2019
PA1 Provide children with adequate space for both inside and outside play	4	4
Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2
PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	3
PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2
PAS Do not withhold active play from children who misbehave	3	4
		2
PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	
PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	3
		3
PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	
PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the	3	3
PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  PD1 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor	3 3 2	3
PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  PD1 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  PE1 Ensure that infants have supervised tummy time every day when they are awake	3 3 2 2 2	3 3 2
PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  PD1 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  PE1 Ensure that infants have supervised tummy time every day when they are awake  PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3 3 2 2 2	3 3 2
PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  PD1 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  PE1 Ensure that infants have supervised tummy time every day when they are awake  PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3 3 2 2 2 3	3 3 2 3
PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  PD1 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  PE1 Ensure that infants have supervised tummy time every day when they are awake  PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  Limits on Screen-Time (n = 4)	3 3 2 2 3 2010	3 3 2 3 2019
PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  PD1 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  PE1 Ensure that infants have supervised tummy time every day when they are awake  PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  Limits on Screen-Time (n = 4)  PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3 2 2 3 2010 2	3 3 2 3 2019 4
PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  PD1 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  PE1 Ensure that infants have supervised tummy time every day when they are awake  PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  Limits on Screen-Time (n = 4)  PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years  PB2 Limit total media time for children 2 years and older to not more than 30 min. weekly	3 3 2 2 2 3 2010 2 2	3 3 2 3 2019 4 3

#### Rating Code:

4 Regulation fully meets standard
Regulation partially meets standard
Regulation does not address standard
Regulation contradicts the standard
State does not regulate care type

Louisiana Regulation Rating History: 2010 (CTR); 2015 (CTR); 2017\* (CTR)

NOTE: A starred date (i.e., 2012\* and/or 2017\*) signifies rating changes assigned to noted care type(s) due to CACFP improvements only; revised documents also were rated for CACFP changes.

## **MAINE At A Glance:**

## Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards

Center-based clinic care iterising regulations and support of 47 mgn-impact obesity prevention standards		
Healthy Infant Feeding (n = 11)		
Breastfeeding Support	2010	2019
IA1   Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	2
Infant Feeding Practices		
IA2   Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	2
IB1   Feed infants on cue	4	4
IB2 Do not feed infants beyond satiety; Allow infant to stop the feeding	2	2
IB3   Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	4	4
IC1 Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	2	2
IC2 Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	2
IC3 Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	2
ID1 Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
ID2 Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	2	2
ID3 Serve no fruit juice to children younger than 12 months of age	2	2
Nutrition (n = 21)		
Nutrition Standards	2010	2019
NA1 Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
NA2 Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3
NA3 Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	3
Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%)	2	2
pasteurized milk to those who are at risk for hypercholesterolemia or obesity	2	2
NAS   Serve skim or 1% pasteurized milk to children two years of age and older	2	2
NB1 Serve whole grain breads, cereals, and pastas	2	2
NB2 Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3
NB3   Serve fruits of several varieties, especially whole fruits	3	3
NC1 Use only 100% juice with no added sweeteners	2	2
NC2 Offer juice (100%) only during meal times	2	2
NC3 Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2	2
NC4   Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	2
ND1 Make water available both inside and outside	3	3
NG1 Limit salt by avoiding salty foods such as chips and pretzels	2	2
NG2 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	2
Healthy Mealtime Practices		
NE1 Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
NE2 Require adults eating meals with children to eat items that meet nutrition standards	2	2
NF1 Serve small-sized, age-appropriate portions	3	3
NF2 Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of	2	2
the individual child; Teach children who require limited portions about portion size and monitor their portions	2	2
NH1 Do not force or bribe children to eat	3	3
NH2 Do not use food as a reward or punishment	3	3
Physical Activity (n = 11)		
	2010	2019
PA1 Provide children with adequate space for both inside and outside play	4	4
Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2
PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2
PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2
PA5 Do not withhold active play from children who misbehave	2	2
PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	4	4
PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	3
PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	3
Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor	2	2
PE1 Ensure that infants have supervised tummy time every day when they are awake	2	2
		2
PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	
	2	
PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2010	2019
PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all		<b>2019</b>
PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  Limits on Screen-Time (n = 4)	2010	
PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  Limits on Screen-Time (n = 4)  PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2010	3
PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  Limits on Screen-Time (n = 4)  PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years  PB2 Limit total media time for children 2 years and older to not more than 30 min. weekly	2010 3 3	3

#### Rating Code:

4 Regulation fully meets standard
Regulation partially meets standard
Regulation does not address standard
Regulation contradicts the standard
State does not regulate care type

Maine Regulation Rating History: 2010 (CTR, LRG, SML); 2017 (LRG, SML)

NOTE: A starred date (i.e., 2012\* and/or 2017\*) signifies rating changes assigned to noted care type(s) due to CACFP improvements only; revised documents also were rated for CACFP changes.

## **MARYLAND At A Glance:**

## Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards

recentificating Support All Connergement objects the control of th		Iter-based child care licensing regulations and support of 47 high-impact obesity prevention standards  Ithy Infant Feeding (n = 11)		
All Encourage and support breatferding and feeding of breast milk by making arrangements for mother to feed their children on-site final free Feeding Particulars  All Street			2010	2019
Mail   Section   Fractices   A				
Az Seve human milli or infent formula to at least age 22 months, not cow's mills, unless written exception is provided  4 4 4  A2 Do not feed infents beyond satety. Allow infent to too; the feeding  A2 Do not feed infents beyond satety. Allow infent to too; the feeding  A3 Do not feed infents beyond satety. Allow infent to stop the feeding  A3 Do not feed infents beyond satety. Allow infent to stop the feeding  A3 Do not feed infents beyond satety. Allow infent to stop the feeding  A3 Do not feed infents spraying sates with a feed infent to the seed infents in sates and the seed infents of the seed infents in sates and the seed infents gradually to iron-feetified food in occoration and months of age. And preferedly around as months  A3 Do not feed an intell formula include in creat, furly list or either food situation of age.  A4 Do not feed an intell formula include in creat, furly list or either food situation prinary care provider's written instruction  A4 Do not feed an intell formula include in creat, furly list or either food situation prinary care provider's written instruction  A4 Do not feed an intell formula include in creat, furly list or either food situation prinary care provider's written instruction  A4 Do not feed an intell formula include in creat, furly list or either food situation prinary care provider's written instruction  A4 Do not feed an intell formula include in creat, furly list or either food situation prinary care provider's written instruction  A5 Do seve no fortular formula include in creat, furly list or either food situation prinary care provider's written instruction  A5 Do seve or fortular formula include in creat, furly list or either food situation prinary care provider's written instruction for the food in creation for the food			3	7
8.1 Feed Infants on one  2. Do not feed infants when be posted selecting. Southon an infant to stop the feeding.  3. How the final faints while bester feeding. Southon an infant for bottle feeding in the carepive/fleasher's arms or atting up on the lap (1) and (2) and (3) and (			1	1
22 Do not feed infants beyond attency. Allow infant to stop the feeding. 3 A 3 A 1 Hood Infants with bootset feeding, Postboar an infant for botted feeding in the caresper/feesher's arms or sitting up on the jap 3 A 3 A 1 A 1 A 1 A 1 A 1 A 1 A 1 A 1 A				
33   Incidents white bottle feeding. Bottlo on an Infant for bottle feeding in the caregiver/feedings service is arrived in the caregiver/feedings service is service in the caregiver feedings service is serviced in the caregiver feedings service is serviced in the caregiver feedings serviced service				
CLI Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider    Commoder presented inferior gradually to inon-fording does no sone than four months of age, and preferably around is months   Commoder breastfel inferior gradually to inon-fording does no sones than four months of age, but preferably around six months   Commoder breastfel inferior gradually to inon-fording does no sones than four months of age, but preferably around six months   Commoder than the preferably around is months   Commoder than the preferably around its months   Commoder than the preferably around the preferably around its months   Commoder than the preferably around around a preferably around a preferably around around a preferably around a p				
Comment   Comm				
Coll controller of an infect formula mode with exercel, fortilization or other floors whost primary care provider's written instruction 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2				
DID         Do not feed an infinct formula mised with cereal, fluit juice or other loods without primary care provider's written instruction         2         2           20         Serve whole fires, makeded prusers, for infinant? mornitus ye to 1 year of age         1         3           20         Serve whole fires, makeded prusers, for infinant? mornitus ye to 1 year of age         2010         2010           20         List with the fire of the control of the contro				
202 Serve month of thois, mashed or pureof, for infants 7 months up to 1 year of age  203 Serve to more that just to children younger than 12 months of age  204 Intrition (n=21)  204 Limit of by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods  205 2  206 2  207 Age serve mests and/or bears - chicken, fish, kean mest, and/or legames (such as dried peas, bears), avoiding fried meats  30 3 3  31 3 3  32 Serve other mile couniset in products (yought, cottage, deces) using low fart varieties for 2 years of age and older  31 3 3  32 Serve other mile to those who are its fish or hypercholesterodemia or obesity and serve whole pasteurized milk to children two years of age and older  32 3 3  33 45 Serve whole pasteurized milk to children two years of age and older  33 45 Serve whole pasteurized milk to children two years of age and older  34 55 Serve whole pasteurized milk to children two years of age and older  35 Serve fination in the state of the state				
D3 Serve no fruit pluce to children younger than 12 months of age  Untrition (a = 21)  Untrition Standards  A1 [Unit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods  A2 [2 2 2 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3				
Server fulls of an interval milk to children two years of age and older	_			
Serve more than 4 to 6 a.g.   June 2019   August 2019			1	4
April				
AZ Server meats and/or beams - chicken, fish, lean meat, and/or legeumes Such as dried peos, beams, avoiding fried meats   3   3   3   3   3   3   3   3   3			2010	2019
ABA	NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
Also Server om or serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) 2 3  Also Serve sekim or 1% pasteurized milk to children two years of age and older 2 2 3  Bill Serve weeked best, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas 3 3 3  Bill Serve weeked best, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas 3 3 3  Bill Serve regetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas 3 3 3  Bill Serve regetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas 3 3 3  Bill Serve regetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas 3 3 3  Bill Serve refurbles, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas 3 3 3  Bill Serve refurbles, specifically, dark green, orange, deep yellow vegetables, and root vegetables, such as optionated and vegetables; and root vegetables, such as optionated and vegetables. Serve in orange than 16 12 0; judicially dark green, dark gr	NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3
AND ADD ADD ADD ADD ADD ADD ADD ADD ADD	NA3		3	3
pasteurized milk to those who are at risk for hypercholesterolesterolemia or obesty  Als Serves kimor 3', Basteurized milk to children to vay sears of age and older  Als Serves whole grain breads, cercals, and pastas  Bast Serve whole grain breads, cercals, and pastas  Bast Serve whole grain breads, cercals, and pastas  Bast Serve regetables, specifically, and green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas  Bast Serve regetables, specifically, and green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas  Bast Serve frusts of several varieties, especially whole fruits  CLI Use conly 100% juice with no added sweeteners  CLI Use conly 100% juice with no added sweeteners  CLI Use only 100% juice with no added sweeteners  CLI Offer juice (100%) only during meal times  CLI Use on more than 4 to 6 or juice/day for children 1.6 years of age  CLI Serve no more than 8 to 12 or juice/day for children 7.12 years of age  CLI Serve no more than 8 to 12 or juice/day for children 7.12 years of age  CLI Serve no more than 8 to 12 or juice/day for children 7.12 years of age  CLI Serve no more than 4 to 6 or juice/day for children 7.12 years of age  CLI Serve no more than 4 to 6 or juice/day for children 7.12 years of age  CLI Serve no more than 4 to 6 or juice/day for children 7.12 years of age  CLI Serve no more than 4 to 6 or juice/day for children 7.12 years of age  CLI Serve no more than 4 to 6 or juice/day for children 7.12 years of age  CLI Serve no more than 4 to 6 or juice/day for children 7.12 years of age  CLI Serve no more than 4 to 6 or juice/day for children 7.12 years of age  CLI Serve no more than 4 to 6 or juice/day for children 7.12 years of age  CLI Serve no more than 4 to 6 or juice/day for children 7.12 years of age  CLI Serve no more than 4 to 6 or juice/day for children 7.12 years of age  CLI Serve no more than 4 to 6 or juice/day for children 7.12 years of age  CLI Serve no more than 4 to 6 or juice/day for children 7.12 years of age	NA4		2	3
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CC   Offer juice (100%) only during meal times   2   4	NB3	Serve fruits of several varieties, especially whole fruits		3
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Serve no more than 8 to 12 oz juice/day for children 7-12 years of age   3   4	NC2	Offer juice (100%) only during meal times	2	4
Make water available both inside and outside 3 4 4 1	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4
imit salt by avoiding salty foods such as chips and pretzels  2 2 2  162 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk  2 2 2  162 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk  2 2 2  162 Each lidiren appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs  2 2 2  162 Each lidiren appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs  2 2 2  163 Each lidiren appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs  2 2 2  164 Each lidiren appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs  2 2 2  165 Each lidiren appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs  2 2 2  167 Each lidiren to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of including the individual child; teach children who require limited portions about portion size and monitor their portions  3 3  167 Demit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; teach children who require limited portions about portions size and monitor their portions  3 3  3 3  168 De not force or bribe children to eat  168 Provide children with adequate space for both inside and outside play  179 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote  170 Provide orientation and annual training opportunities for caregivers/teachers to physical activity  170 Provide orientation and annual training opportunities for caregivers/	NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	4
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Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  Ensure that infants have supervised tummy time every day when they are awake  2 2  2 2  2 2  2 2  2 2  2 2  2 2  2	PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	3
course of the day—indoor or outdoor  EEL Ensure that infants have supervised tummy time every day when they are awake  EEL Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  2 2  imits on Screen-Time (n = 4)  EBL Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years  2010  2019  EBL Limit total media time for children 2 years and older to not more than 30 min. weekly  2 3  Use screen media with children age two years and older only for educational purposes or physical activity  2 3	DC.	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the		2
PEZ Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  2 2  imits on Screen-Time (n = 4)  PEZ Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years  2010 2019  PEZ Limit total media time for children 2 years and older to not more than 30 min. weekly  2 3  PEZ Use screen media with children age two years and older only for educational purposes or physical activity  2 3	וטו	course of the day—indoor or outdoor	3	3
imits on Screen-Time (n = 4)  2010 2019  2019 2019  2019 2019  2010 2019  201	PE1	Ensure that infants have supervised tummy time every day when they are awake	2	2
2019 2	PE2	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	2
PBI Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years PBI Limit total media time for children 2 years and older to not more than 30 min. weekly PBI Use screen media with children age two years and older only for educational purposes or physical activity PBI Use screen media with children age two years and older only for educational purposes or physical activity PBI Use screen media with children age two years and older only for educational purposes or physical activity	Lim	ts on Screen-Time (n = 4)		
Limit total media time for children 2 years and older to not more than 30 min. weekly  2 3  283  Use screen media with children age two years and older only for educational purposes or physical activity  2 3			2010	2019
Use screen media with children age two years and older only for educational purposes or physical activity  2 3	PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2	4
	PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	2	3
	PB3	Use screen media with children age two years and older only for educational purposes or physical activity	2	3
		Do not utilize TV, video, or DVD viewing during meal or snack time	2	4

#### Rating Code:

4 Regulation fully meets standard
3 Regulation partially meets standard
2 Regulation does not address standard
1 Regulation contradicts the standard
0 State does not regulate care type

Maryland Regulation Rating History: 2010 (CTR, LRG, SML); 2012 (LRG)/2012\* (CTR,SML); 2015 (CTR, LRG, SML); 2017\*(CTR, LRG, SML) NOTE: A starred date (i.e., 2012\* and/or 2017\*) signifies rating changes assigned to noted care type(s) due to CACFP improvements only; revised documents also were rated for CACFP changes.

## **MASSACHUSETTS At A Glance:**

## Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards

Center-based clinic care incensing regulations and support of 47 high-impact obesity prevention standards				
Healthy Infant Feeding (n = 11)				
Breastfeeding Support	2010	2019		
IA1 Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3		
Infant Feeding Practices				
IA2   Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	2		
IB1 Feed infants on cue	3	3		
IB2 Do not feed infants beyond satiety; Allow infant to stop the feeding	2	2		
IB3 Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	4	4		
IC1 Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	2	2		
IC2 Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	2		
IC3 Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	2		
ID1 Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2		
ID2 Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	2	2		
ID3 Serve no fruit juice to children younger than 12 months of age	2	2		
Nutrition (n = 21)				
Nutrition Standards	2010	2019		
NA1 Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2		
NA2   Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	2	2		
NA3   Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	2	2		
Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%)				
pasteurized milk to those who are at risk for hypercholesterolemia or obesity	2	2		
NA5 Serve skim or 1% pasteurized milk to children two years of age and older	2	2		
NB1 Serve whole grain breads, cereals, and pastas	2	2		
NB2 Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	2	2		
NB3 Serve fruits of several varieties, especially whole fruits	2	2		
NC1 Use only 100% juice with no added sweeteners	2	2		
NC2 Offer juice (100%) only during meal times	2	2		
NC3   Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2	2		
NC4   Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	2		
ND1 Make water available both inside and outside	4	4		
NG1 Limit salt by avoiding salty foods such as chips and pretzels	2	2		
NG2   Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	2		
Healthy Mealtime Practices	2	2		
· ·	3	3		
NE1 Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs  NE2 Require adults eating meals with children to eat items that meet nutrition standards	2	2		
	2	2		
NF1   Serve small-sized, age-appropriate portions		2		
the individual child; Teach children who require limited portions about portion size and monitor their portions	2	2		
NH1 Do not force or bribe children to eat	4	4		
NH2 Do not use food as a reward or punishment	4	4		
Physical Activity (n = 11)				
, , , , , , , , , , , , , , , , , , ,	2010	2019		
PA1 Provide children with adequate space for both inside and outside play	4	4		
Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote				
physical activity	2	2		
PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2		
PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2		
PAS Do not withhold active play from children who misbehave	3	3		
PAS Do not withhold active play from children who misbenave	2	3		
PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3			
	3	3		
PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting		3		
PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the	3	3		
PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PD1 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor	3 3 2			
PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the	3	3		
PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PD1 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor	3 3 2	2		
PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PD1 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor PE1 Ensure that infants have supervised tummy time every day when they are awake	3 3 2 2 2	2 2		
PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PD1 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor PE1 Ensure that infants have supervised tummy time every day when they are awake PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3 3 2 2 2	2 2		
PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PD1 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor PE1 Ensure that infants have supervised tummy time every day when they are awake PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3 3 2 2 2 3	3 2 2 3		
PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PD1 course of the day—indoor or outdoor PE1 Ensure that infants have supervised tummy time every day when they are awake PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all Limits on Screen-Time (n = 4)	3 3 2 2 3 2010	3 2 2 3 2019		
PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PD1 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor PE1 Ensure that infants have supervised tummy time every day when they are awake PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all Limits on Screen-Time (n = 4)  PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3 3 2 2 3 2010 2	3 2 2 3 2019 2		
PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PD1 course of the day—indoor or outdoor PE1 Ensure that infants have supervised tummy time every day when they are awake PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all Limits on Screen-Time (n = 4)  PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years PB2 Limit total media time for children 2 years and older to not more than 30 min. weekly	3 3 2 2 3 2010 2 2	3 2 2 3 2019 2		

#### Rating Code:

4 Regulation fully meets standard Massachusetts Regulation Rating History: 2010 (CTR, LRG, SML)
3 Regulation partially meets standard

2 Regulation does not address standard
1 Regulation contradicts the standard
0 State does not regulate care type

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## **MICHIGAN At A Glance:**

## Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards

Center-based child care incensing regulations and support of 47 ingir-impact obesity prevention standards					
Hea	Ithy Infant Feeding (n = 11)				
Brea	stfeeding Support	2010	2019		
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	4	3		
Infa	nt Feeding Practices				
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4		
IB1	Feed infants on cue	4	4		
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	4	4		
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3		
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3		
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	4		
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	4		
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	4	3		
ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	1	3		
ID3	Serve no fruit juice to children younger than 12 months of age	1	4		
Nut	rition (n = 21)				
Nuti	ition Standards	2010	2019		
NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2		
_	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3		
	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	3		
	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%)				
NA4	pasteurized milk to those who are at risk for hypercholesterolemia or obesity	2	4		
NA5	Serve skim or 1% pasteurized milk to children two years of age and older	2	4		
NB1	Serve whole grain breads, cereals, and pastas	3	3		
NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3		
NB3	Serve fruits of several varieties, especially whole fruits	3	3		
NC1	Use only 100% juice with no added sweeteners	4	4		
NC2	Offer juice (100%) only during meal times	2	4		
NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4		
NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	4		
_	Make water available both inside and outside	2	4		
NG1	Limit salt by avoiding salty foods such as chips and pretzels	2	2		
_	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	3		
	thy Mealtime Practices	-			
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2		
	Require adults eating meals with children to eat items that meet nutrition standards	2	2		
	Serve small-sized, age-appropriate portions	4	4		
	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of				
NF2	the individual child; Teach children who require limited portions about portion size and monitor their portions	3	3		
NH1	Do not force or bribe children to eat	2	2		
NH2	Do not use food as a reward or punishment	3	3		
Phys	ical Activity (n = 11)				
		2010	2019		
PA1	Provide children with adequate space for both inside and outside play	4	4		
DAT	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote	2	3		
PA2	physical activity	2	2		
	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2		
PA4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2		
PA5	Do not withhold active play from children who misbehave	2	4		
PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3		
PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	3		
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	3		
PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the	2	2		
	course of the day—indoor or outdoor				
	Ensure that infants have supervised tummy time every day when they are awake	2	3		
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	3		
Limi	ts on Screen-Time (n = 4)				
		2010	2019		
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3	4		
PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	3	3		
PB3	Use screen media with children age two years and older only for educational purposes or physical activity	3	4		
PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2		

#### Rating Code:

4	Regulation fully meets standard
3	Regulation partially meets standard
2	Regulation does not address standard
1	Regulation contradicts the standard
0	State does not regulate care type

Michigan Regulation Rating History: 2010 (CTR, LRG, SML); 2012\*(CTR, LRG, SML); 2014 (CTR); 2017\*(CTR, LRG, SML); 2019 (CTR) NOTE: A starred date (i.e., 2012\* and/or 2017\*) signifies rating changes assigned to noted care type(s) due to CACFP improvements only; revised documents also were rated for CACFP changes.

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## **MINNESOTA At A Glance:**

## Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards

	tter-based clinic tare incensing regulations and support of 47 high-impact obesity prevention standards		
Hea	Ithy Infant Feeding (n = 11)		
Brea	stfeeding Support	2010	2019
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3
Infai	nt Feeding Practices		
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	3	3
IB1	Feed infants on cue	3	3
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	4	4
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	2	2
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3
	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	4
	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	4
_	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
_	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	1	3
	Serve no fruit juice to children younger than 12 months of age	1	4
	rition (n = 21)	_	
	ition Standards	2010	2019
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2013
_		3	
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats		3
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older  Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%)	3	3
NA4	pasteurized milk to those who are at risk for hypercholesterolemia or obesity	2	3
NA5	Serve skim or 1% pasteurized milk to children two years of age and older	2	4
	Serve whole grain breads, cereals, and pastas	3	3
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3
_	Serve fruits of several varieties, especially whole fruits	3	3
	Use only 100% juice with no added sweeteners	4	4
_	, .		
	Offer juice (100%) only during meal times	2	4
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4
_	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	4
	Make water available both inside and outside	3	4
_	Limit salt by avoiding salty foods such as chips and pretzels	2	2
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	3
Heal	thy Mealtime Practices		
NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
NE2	Require adults eating meals with children to eat items that meet nutrition standards	2	2
NF1	Serve small-sized, age-appropriate portions	4	4
NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of	3	3
	the individual child; Teach children who require limited portions about portion size and monitor their portions		
	Do not force or bribe children to eat	2	2
	Do not use food as a reward or punishment	3	3
Phys	ical Activity (n = 11)		
		2010	2019
PA1	Provide children with adequate space for both inside and outside play	4	4
PA2	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2
PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2
PA4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2
PA5	Do not withhold active play from children who misbehave	3	3
PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3
PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	3
	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	3
	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the		
PD1	course of the day—indoor or outdoor	3	3
	Ensure that infants have supervised tummy time every day when they are awake	2	2
PE2	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3	3
Limi	ts on Screen-Time (n = 4)		
		2010	2019
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2	2
PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	2	2
PB3	Use screen media with children age two years and older only for educational purposes or physical activity	2	2
PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2

#### Rating Code:

4 Regulation fully meets standard
3 Regulation partially meets standard
2 Regulation does not address standard
1 Regulation contradicts the standard
0 State does not regulate care type

Minnesota Regulation Rating History: 2010 (CTR, LRG, SML); 2012\*(CTR, LRG, SML); 2017\*(CTR, LRG, SML); 2017\*(CTR, LRG, SML) NOTE: A starred date (i.e., 2012\* and/or 2017\*) signifies rating changes assigned to noted care type(s) due to CACFP improvements only; revised documents also were rated for CACFP changes.

## **MISSISSIPPI At A Glance:**

#### Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards

Center-based china care incensing regulations and support of 47 high-impact obesity prevention standards				
Healthy Infant Feeding (n = 11)				
Breastfeeding Support	2010	2019		
IA1 Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	4	4		
Infant Feeding Practices				
Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4		
IB1 Feed infants on cue	4	4		
IB2 Do not feed infants beyond satiety; Allow infant to stop the feeding	4	4		
IB3 Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	4	4		
IC1 Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3		
IC2 Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	3		
IC3 Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	3		
ID1 Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2		
ID2 Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	1	1		
ID3 Serve no fruit juice to children younger than 12 months of age	3	3		
Nutrition (n = 21)				
Nutrition Standards	2010	2019		
NA1 Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	3	3		
NA2 Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	4	4		
NA3 Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	3		
NA4 Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%)	3	3		
pasteurized milk to those who are at risk for hypercholesterolemia or obesity	3	3		
NAS   Serve skim or 1% pasteurized milk to children two years of age and older	4	4		
NB1 Serve whole grain breads, cereals, and pastas	4	4		
NB2 Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	4	4		
NB3 Serve fruits of several varieties, especially whole fruits	4	4		
NC1 Use only 100% juice with no added sweeteners	1	1		
NC2 Offer juice (100%) only during meal times	2	2		
NC3 Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	3		
NC4 Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	3		
ND1 Make water available both inside and outside	3	4		
NG1 Limit salt by avoiding salty foods such as chips and pretzels	4	4		
NG2 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	3	3		
Healthy Mealtime Practices				
NE1 Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2		
NE2 Require adults eating meals with children to eat items that meet nutrition standards	2	2		
NF1 Serve small-sized, age-appropriate portions	4	4		
NF2 Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs	of 3	3		
the individual child; Teach children who require limited portions about portion size and monitor their portions	3	3		
NH1 Do not force or bribe children to eat	3	3		
NH2 Do not use food as a reward or punishment	4	4		
Physical Activity (n = 11)				
	2010	2019		
PA1 Provide children with adequate space for both inside and outside play	4	4		
Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2		
PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2		
PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2		
PA5 Do not withhold active play from children who misbehave	3	3		
PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3		
PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	3		
PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	3		
Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the	e 2	2		
course of the day—indoor or outdoor				
PE1 Ensure that infants have supervised tummy time every day when they are awake	2	2		
PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	2		
Limits on Screen-Time (n = 4)	4			
	2010	2019		
PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3	3		
PB2 Limit total media time for children 2 years and older to not more than 30 min. weekly	3	3		
PB3 Use screen media with children age two years and older only for educational purposes or physical activity PB4 Do not utilize TV, video, or DVD viewing during meal or snack time	4 2	2		

#### Rating Code:

4 Regulation fully meets standard
3 Regulation partially meets standard
2 Regulation does not address standard
1 Regulation contradicts the standard
0 State does not regulate care type

Mississippi Regulation Rating History: 2010 (CTR, LRG, SML); 2012\* (CTR, LRG, SML); 2013 (CTR, LRG, SML)

NOTE: A starred date (i.e., 2012\* and/or 2017\*) signifies rating changes assigned to noted care type(s) due to CACFP improvements only; revised documents also were rated for CACFP changes.

## **MISSOURI At A Glance:**

## Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards

_	Ithy Infant Feeding (n = 11)		
Brea	stfeeding Support	2010	2019
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	2
	nt Feeding Practices		
	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	2
	Feed infants on cue	3	3
	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	2
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3
	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3
	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	2
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	2
	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	2	2
	Serve no fruit juice to children younger than 12 months of age	2	2
	rition (n = 21)		
	ition Standards	2010	2019
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2019
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats  Serve other milk equivalent products (veguts cottage cheese) using low fat varieties for 2 years of are and older.	3	3
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older  Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%)	3	3
NA4	pasteurized milk to those who are at risk for hypercholesterolemia or obesity	2	2
NA5	Serve skim or 1% pasteurized milk to children two years of age and older	2	2
_	Serve whole grain breads, cereals, and pastas	2	2
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	2	2
	Serve fruits of several varieties, especially whole fruits	4	4
_	Use only 100% juice with no added sweeteners	4	4
	Offer juice (100%) only during meal times	2	2
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	3
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	3
	Make water available both inside and outside	3	3
	Limit salt by avoiding salty foods such as chips and pretzels	2	2
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	2
	thy Mealtime Practices	2	
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
	Require adults eating meals with children to eat items that meet nutrition standards	2	2
	Serve small-sized, age-appropriate portions	4	4
	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of		
NF2	the individual child; Teach children who require limited portions about portion size and monitor their portions	2	2
NH1	Do not force or bribe children to eat	3	3
NH2	Do not use food as a reward or punishment	3	3
Dia			) >
Phys	ical Activity (n = 11)		3
PNYS	ical Activity (n = 11)	2010	2019
	Provide children with adequate space for both inside and outside play	<b>2010</b> 4	
PA1	Provide children with adequate space for both inside and outside play	4	<b>2019</b> 4
			2019
PA1 PA2	Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote	4	<b>2019</b> 4
PA1 PA2 PA3	Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	<b>2019</b> 4 2
PA1 PA2 PA3	Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2 2	2019 4 2
PA1 PA2 PA3 PA4 PA5	Provide children with adequate space for both inside and outside play  Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2 2 2	2019 4 2 2 2
PA1 PA2 PA3 PA4 PA5	Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  Do not withhold active play from children who misbehave	2 2 2 2 4	2019 4 2 2 2 2 4
PA1 PA2 PA3 PA4 PA5 PC1	Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	2 2 2 4 3	2019 4 2 2 2 2 4 3
PA1 PA2 PA3 PA4 PA5 PC1 PC2 PC3	Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the	4 2 2 2 2 4 3 3 3	2019 4 2 2 2 4 3 3 3
PA1 PA2 PA3 PA4 PA5 PC1 PC2 PC3	Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor	4 2 2 2 4 3 3 3 2	2019 4 2 2 2 2 4 3 3 3 2
PA1 PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1	Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake	4 2 2 2 4 3 3 3 2 2	2019 4 2 2 2 2 4 3 3 3 2
PA1 PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1	Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	4 2 2 2 4 3 3 3 2	2019 4 2 2 2 2 4 3 3 3 2
PA1 PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1	Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake	4 2 2 2 4 3 3 3 2 2 2 3	2019 4 2 2 2 4 3 3 3 2 4 3
PA1 PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2 Limi	Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all ts on Screen-Time (n = 4)	4 2 2 2 4 3 3 3 2 2 2 3	2019 4 2 2 2 4 3 3 3 2 4 3 2
PA1 PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2 Limi	Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all ts on Screen-Time (n = 4)  Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	4 2 2 2 4 3 3 3 2 2 2 3	2019 4 2 2 2 4 3 3 3 2 4 3
PA1 PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2 Limi	Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all ts on Screen-Time (n = 4)	4 2 2 2 4 3 3 3 2 2 2 3	2019 4 2 2 2 4 3 3 3 2 4 3 2 2 2 4 3 2 2 4 3 2 2 4 3 3 2 2 4 3 3 2 4 4 3 4 4 5 6 7 8 8 8 8 8 8 8 8 8 8 8 8 8
PA1 PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2 Limi PB1 PB2 PB3	Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all ts on Screen-Time (n = 4)  Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	4 2 2 2 4 3 3 3 2 2 2 3 3	2019 4 2 2 2 4 3 3 3 2 4 3 2 2 4 2 2 4 3 3 2 2 4 3 2 2 4 3 3 2 4 4 3 4 4 4 5 6 7 8 7 8 8 8 8 8 8 8 8 8 8 8 8 8

#### Rating Code:

4 Regulation fully meets standard Missouri Regulation Rating History: 2010 (CTR, LRG, SML); 2016 (CTR, LRG, SML)

3 Regulation partially meets standard

2 Regulation does not address standard

1 Regulation contradicts the standard

0 State does not regulate care type

## **MONTANA At A Glance:**

## Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards

	ter-based clind care licensing regulations and support of 47 high-impact obesity prevention standards		
Hea	thy Infant Feeding (n = 11)		
Brea	stfeeding Support	2010	2019
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3
Infa	nt Feeding Practices		
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4
IB1	Feed infants on cue	4	4
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	4	4
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	4
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	4
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	1	3
ID3	Serve no fruit juice to children younger than 12 months of age	1	4
	ition (n = 21)		
	ition Standards	2010	2019
NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
_	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3
	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	3
	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%)		
NA4	pasteurized milk to those who are at risk for hypercholesterolemia or obesity	2	3
NA5	Serve skim or 1% pasteurized milk to children two years of age and older	2	4
NB1	Serve whole grain breads, cereals, and pastas	3	3
NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3
NB3	Serve fruits of several varieties, especially whole fruits	3	3
NC1	Use only 100% juice with no added sweeteners	4	4
NC2	Offer juice (100%) only during meal times	4	4
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	4
_	Make water available both inside and outside	3	4
	Limit salt by avoiding salty foods such as chips and pretzels	2	2
_	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	3
	thy Mealtime Practices	-	
_	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
	Require adults eating meals with children to eat items that meet nutrition standards	2	2
_	Serve small-sized, age-appropriate portions	4	4
141.1	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of		
NF2	the individual child; Teach children who require limited portions about portion size and monitor their portions	3	3
NH1	Do not force or bribe children to eat	2	2
NH2	Do not use food as a reward or punishment	2	2
Phys	ical Activity (n = 11)		
		2010	2019
PA1	Provide children with adequate space for both inside and outside play	4	4
	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote		
PA2	physical activity	2	2
PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2
PA4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2
PA5	Do not withhold active play from children who misbehave	2	2
PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	2	2
PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	2	2
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	2	2
PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the	2	2
1טין	course of the day—indoor or outdoor	2	2
PE1	Ensure that infants have supervised tummy time every day when they are awake	2	2
PE2	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3	3
Limi	ts on Screen-Time (n = 4)		
		2010	2019
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2	2
PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	2	2
PB3	Use screen media with children age two years and older only for educational purposes or physical activity	2	2
PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2

#### Rating Code:

4 Regulation fully meets standard
3 Regulation partially meets standard
2 Regulation does not address standard
1 Regulation contradicts the standard
0 State does not regulate care type

Montana Regulation Rating History: 2010 (CTR, LRG, SML); 2012\* (CTR,LRG, SML); 2017\* (CTR,LRG, SML)

NOTE: A starred date (i.e., 2012\* and/or 2017\*) signifies rating changes assigned to noted care type(s) due to CACFP improvements only; revised documents also were rated for CACFP changes.

## **NEBRASKA At A Glance:**

#### Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards

Healthy Infant Feeding (n = 11)		
Breastfeeding Support	2010	2019
IA1 Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3
Infant Feeding Practices		
IA2 Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4
IB1 Feed infants on cue	4	4
IB2 Do not feed infants beyond satiety; Allow infant to stop the feeding	4	4
IB3 Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3
IC1 Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3
IC2 Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	4
IC3 Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	4
ID1 Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
ID2 Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	1	3
ID3   Serve no fruit juice to children younger than 12 months of age	1	4
Nutrition (n = 21)	-	
Nutrition Standards	2010	2019
NA1 Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2013
NA2 Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3
NA3 Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older  Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%)	3	3
NA4 pasteurized milk to those who are at risk for hypercholesterolemia or obesity	2	3
NA5 Serve skim or 1% pasteurized milk to children two years of age and older	2	4
NB1 Serve whole grain breads, cereals, and pastas	3	3
NB2 Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3
NB3 Serve fruits of several varieties, especially whole fruits	3	3
NC1 Use only 100% juice with no added sweeteners	4	4
· · ·		
NC2 Offer juice (100%) only during meal times	2	4
NC3 Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4
NC4 Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	4
ND1 Make water available both inside and outside	3	4
NG1 Limit salt by avoiding salty foods such as chips and pretzels	2	2
NG2 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	3
Healthy Mealtime Practices		
NE1 Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
NE2 Require adults eating meals with children to eat items that meet nutrition standards	2	2
NF1   Serve small-sized, age-appropriate portions	4	4
Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of	3	3
the individual child; Teach children who require limited portions about portion size and monitor their portions	3	3
the individual child; Teach children who require limited portions about portion size and monitor their portions  NH1 Do not force or bribe children to eat	2	2
the individual child; Teach children who require limited portions about portion size and monitor their portions  NH1 Do not force or bribe children to eat  NH2 Do not use food as a reward or punishment		
the individual child; Teach children who require limited portions about portion size and monitor their portions  NH1 Do not force or bribe children to eat	2	2
the individual child; Teach children who require limited portions about portion size and monitor their portions  NH1 Do not force or bribe children to eat  NH2 Do not use food as a reward or punishment  Physical Activity (n = 11)	2	2
the individual child; Teach children who require limited portions about portion size and monitor their portions  NH1 Do not force or bribe children to eat  NH2 Do not use food as a reward or punishment  Physical Activity (n = 11)  PA1 Provide children with adequate space for both inside and outside play	2 3	2
the individual child; Teach children who require limited portions about portion size and monitor their portions  NH1 Do not force or bribe children to eat  NH2 Do not use food as a reward or punishment  Physical Activity (n = 11)	2 3	2 3 2019
the individual child; Teach children who require limited portions about portion size and monitor their portions  NH1 Do not force or bribe children to eat  NH2 Do not use food as a reward or punishment  Physical Activity (n = 11)  PA1 Provide children with adequate space for both inside and outside play  Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote	2 3 2010 4	2 3 2019 4
the individual child; Teach children who require limited portions about portion size and monitor their portions  NH1 Do not force or bribe children to eat  NH2 Do not use food as a reward or punishment  Physical Activity (n = 11)  PA1 Provide children with adequate space for both inside and outside play  PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2 3 2010 4 2	2 3 2019 4 2
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the individual child; Teach children who require limited portions about portion size and monitor their portions  NH1 Do not force or bribe children to eat  NH2 Do not use food as a reward or punishment  Physical Activity (n = 11)  PA1 Provide children with adequate space for both inside and outside play  Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  PA5 Do not withhold active play from children who misbehave  PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	2 3 3 2 2 2 2 3 3 2 2	2 3 3 2 2 2 2 3 3 2
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the individual child; Teach children who require limited portions about portion size and monitor their portions  NH1 Do not force or bribe children to eat  NH2 Do not use food as a reward or punishment  Physical Activity (n = 11)  PA1 Provide children with adequate space for both inside and outside play  PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  PA5 Do not withhold active play from children who misbehave  PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  PC4 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor	2 3 3 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	2 3 2019 4 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2
the individual child; Teach children who require limited portions about portion size and monitor their portions  NH1 Do not force or bribe children to eat  NH2 Do not use food as a reward or punishment  Physical Activity (n = 11)  PA1 Provide children with adequate space for both inside and outside play  Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  PA2 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  PA3 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  PA5 Do not withhold active play from children who misbehave  PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  PC4 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  PE1 Ensure that infants have supervised tummy time every day when they are awake	2 3 3 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	2 3 2019 4 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2
the individual child; Teach children who require limited portions about portion size and monitor their portions  NH1 Do not force or bribe children to eat  NH2 Do not use food as a reward or punishment  Physical Activity (n = 11)  PA1 Provide children with adequate space for both inside and outside play  Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  PA5 Do not withhold active play from children who misbehave  PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  PC4 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  PE1 Ensure that infants have supervised tummy time every day when they are awake  PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2 3 3 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	2 3 2019 4 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2
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He individual child; Teach children who require limited portions about portion size and monitor their portions  NH1 Do not force or bribe children to eat  NH2 Do not use food as a reward or punishment  Physical Activity (n = 11)  PA1 Provide children with adequate space for both inside and outside play  Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  PA5 Do not withhold active play from children who misbehave  PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  PC9 PC9 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  PE1 Ensure that infants have supervised tummy time every day when they are awake  PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all   Limits on Screen-Time (n = 4)	2 3 2010 4 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	2 3 3 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2
He individual child; Teach children who require limited portions about portion size and monitor their portions  NH1 Do not force or bribe children to eat  NH2 Do not use food as a reward or punishment  Physical Activity (n = 11)  PA1 Provide children with adequate space for both inside and outside play  Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  PA5 Do not withhold active play from children who misbehave  PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  PC4 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  PC5 Ensure that infants have supervised tummy time every day when they are awake  PC6 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  Limits on Screen-Time (n = 4)  PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2 3 2010 4 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	2 3 3 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2
He individual child; Teach children who require limited portions about portion size and monitor their portions  NH1 Do not force or bribe children to eat  NH2 Do not use food as a reward or punishment  Physical Activity (n = 11)  PA1 Provide children with adequate space for both inside and outside play  PA2 physical Activity (n = 10)  PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  PA5 Do not withhold active play from children who misbehave  PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  PD1 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  PE1 Ensure that infants have supervised tummy time every day when they are awake  PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  Limits on Screen-Time (n = 4)  PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years  PB2 Limit total media time for children 2 years and older to not more than 30 min. weekly	2 3 2010 4 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	2 3 3 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2

#### Rating Code:

4 Regulation fully meets standard
Regulation partially meets standard
Regulation does not address standard
Regulation contradicts the standard
State does not regulate care type

Nebraska Regulation Rating History: 2010 (CTR, LRG, SML); 2012\* (CTR); 2013 (LRG, SML); 2017\* (CTR, LRG, SML) NOTE: A starred date (i.e., 2012\* and/or 2017\*) signifies rating changes assigned to noted care type(s) due to CACFP improvements only; revised documents also were rated for CACFP changes.

## **NEVADA At A Glance:**

## Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards

	tter-based tillid tare ilcensing regulations and support of 47 high-impact obesity prevention standards		
Hea	Ithy Infant Feeding (n = 11)		
Brea	stfeeding Support	2010	2019
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	3
Infa	nt Feeding Practices		
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	4
IB1	Feed infants on cue	2	4
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	4
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	4
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	4
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	2	3
ID3	Serve no fruit juice to children younger than 12 months of age	2	4
	rition (n = 21)		
	ition Standards	2010	2019
NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
_	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	2	3
	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	2	3
	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%)		
NA4	pasteurized milk to those who are at risk for hypercholesterolemia or obesity	2	3
NA5	Serve skim or 1% pasteurized milk to children two years of age and older	2	4
NB1	Serve whole grain breads, cereals, and pastas	2	3
NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	2	3
NB3	Serve fruits of several varieties, especially whole fruits	2	3
NC1	Use only 100% juice with no added sweeteners	2	4
NC2	Offer juice (100%) only during meal times	2	4
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2	4
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	4
_	Make water available both inside and outside	4	4
	Limit salt by avoiding salty foods such as chips and pretzels	2	2
_	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	3
	thy Mealtime Practices	-	
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
	Require adults eating meals with children to eat items that meet nutrition standards	2	2
	Serve small-sized, age-appropriate portions	3	4
141.1	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of		
NF2	the individual child; Teach children who require limited portions about portion size and monitor their portions	3	3
NH1	Do not force or bribe children to eat	3	3
NH2	Do not use food as a reward or punishment	4	4
Phys	ical Activity (n = 11)		
		2010	2019
PA1	Provide children with adequate space for both inside and outside play	4	4
	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote		
PA2	physical activity	2	2
PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2
PA4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2
PA5	Do not withhold active play from children who misbehave	3	3
PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3
PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	3
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	2	3
PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the	3	2
PDI	course of the day—indoor or outdoor	2	2
PE1	Ensure that infants have supervised tummy time every day when they are awake	2	2
PE2	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3	2
Limi	ts on Screen-Time (n = 4)		
		2010	2019
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2	2
PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	2	2
PB3	Use screen media with children age two years and older only for educational purposes or physical activity	2	2
DR/I	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2
1 07			

#### Rating Code:

4 Regulation fully meets standard
3 Regulation partially meets standard
2 Regulation does not address standard
1 Regulation contradicts the standard
0 State does not regulate care type

Nevada Regulation Rating History: 2010 (CTR, LRG, SML); 2012 (CTR, LRG, SML); 2018 (CTR, LRG, SML)

NOTE: A starred date (i.e., 2012\* and/or 2017\*) signifies rating changes assigned to noted care type(s) due to CACFP improvements only; revised documents also were rated for CACFP changes.

#### **NEW HAMPSHIRE At A Glance:**

## Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards

	tter-based clinic tare incensing regulations and support of 47 high-impact obesity prevention standards		
Hea	Ithy Infant Feeding (n = 11)		
Brea	stfeeding Support	2010	2019
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	3
Infa	nt Feeding Practices		
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4
IB1	Feed infants on cue	4	4
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	3	4
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	4
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	4
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	1	3
ID3	Serve no fruit juice to children younger than 12 months of age	1	4
	rition (n = 21)		
	ition Standards	2010	2019
NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
_	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3
	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	2	3
	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%)		
NA4	pasteurized milk to those who are at risk for hypercholesterolemia or obesity	3	3
NA5	Serve skim or 1% pasteurized milk to children two years of age and older	2	4
NB1	Serve whole grain breads, cereals, and pastas	2	3
NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3
NB3	Serve fruits of several varieties, especially whole fruits	3	3
NC1	Use only 100% juice with no added sweeteners	4	4
NC2	Offer juice (100%) only during meal times	4	4
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	4
_	Make water available both inside and outside	3	4
	Limit salt by avoiding salty foods such as chips and pretzels	2	2
_	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	3
	thy Mealtime Practices	_	
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
	Require adults eating meals with children to eat items that meet nutrition standards	2	2
	Serve small-sized, age-appropriate portions	4	4
141.1	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of		
NF2	the individual child; Teach children who require limited portions about portion size and monitor their portions	2	3
NH1	Do not force or bribe children to eat	3	3
NH2	Do not use food as a reward or punishment	3	4
Phys	ical Activity (n = 11)		
		2010	2019
PA1	Provide children with adequate space for both inside and outside play	4	4
	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote		
PA2	physical activity	2	2
PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2
PA4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2
PA5	Do not withhold active play from children who misbehave	3	2
PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3
PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	2	4
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	2	3
PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the	2	2
PDI	course of the day—indoor or outdoor	2	3
PE1	Ensure that infants have supervised tummy time every day when they are awake	2	2
PE2	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3	4
Limi	ts on Screen-Time (n = 4)		
		2010	2019
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2	2
PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	2	2
PB3	Use screen media with children age two years and older only for educational purposes or physical activity	2	2
PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2

#### Rating Code:

4 Regulation fully meets standard
3 Regulation partially meets standard
2 Regulation does not address standard
1 Regulation contradicts the standard
0 State does not regulate care type

ASHW 2019 Supplement: Centers

New Hampshire Regulation Rating History: 2010 (CTR, LRG, SML); 2017 (CTR, LRG, SML)

NOTE: A starred date (i.e., 2012\* and/or 2017\*) signifies rating changes assigned to noted care type(s) due to CACFP improvements only; revised documents also were rated for CACFP changes.

## **NEW JERSEY At A Glance:**

### Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards

Center-based child care ilcensing regulations and support of 47 high-impact obesity prevention standards		
Healthy Infant Feeding (n = 11)		
Breastfeeding Support	2010	2019
IA1   Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	3
Infant Feeding Practices		
IA2   Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	4
IB1   Feed infants on cue	2	2
IB2   Do not feed infants beyond satiety; Allow infant to stop the feeding	2	4
IB3   Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3
IC1 Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	4
IC2 Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	4
IC3 Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	4
ID1 Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
ID2   Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	2	3
ID3 Serve no fruit juice to children younger than 12 months of age	2	4
Nutrition (n = 21)		
Nutrition Standards	2010	2019
NA1 Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	3
NA2 Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3
NA3 Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	2	3
NA4 Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%)	2	4
pasteurized milk to those who are at risk for hypercholesterolemia or obesity		
NAS   Serve skim or 1% pasteurized milk to children two years of age and older	2	4
NB1   Serve whole grain breads, cereals, and pastas	3	4
NB2 Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	4
NB3   Serve fruits of several varieties, especially whole fruits	3	4
NC1 Use only 100% juice with no added sweeteners	3	4
NC2 Offer juice (100%) only during meal times	2	4
NC3   Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2	4
NC4 Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	4
ND1 Make water available both inside and outside	3	4
NG1 Limit salt by avoiding salty foods such as chips and pretzels	2	4
NG2 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	3
Healthy Mealtime Practices		
NE1 Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
NE2 Require adults eating meals with children to eat items that meet nutrition standards	2	2
NF1   Serve small-sized, age-appropriate portions	3	4
Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of NF2	3	3
the individual child; Teach children who require limited portions about portion size and monitor their portions		-
NH1 Do not force or bribe children to eat	3	3
NH2 Do not use food as a reward or punishment	3	3
Physical Activity (n = 11)	2215	2045
	2010	2019
PA1 Provide children with adequate space for both inside and outside play	4	4
PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	3
PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2
PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2
PAS Do not withhold active play from children who misbehave	3	4
PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3
PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	4
PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	3
PD1 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor	2	3
PE1 Ensure that infants have supervised tummy time every day when they are awake	2	4
PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	3
Limits on Screen-Time (n = 4)		
	2010	2019
PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2	4
PB2 Limit total media time for children 2 years and older to not more than 30 min. weekly	2	3
PD2 11	2	4
PB3 Use screen media with children age two years and older only for educational purposes or physical activity		
PB4 Do not utilize TV, video, or DVD viewing during meal or snack time	2	2

#### Rating Code:

Regulation fully meets standard
Regulation partially meets standard
Regulation does not address standard
Regulation contradicts the standard
State does not regulate care type

New Jersey Regulation Rating History: 2010 (CTR, LRG, SML); 2013 (CTR, LRG); 2017 (CTR, LRG, SML)

NOTES: A starred date (i.e., 2012\* and/or 2017\*) signifies rating changes assigned to noted care type(s) due to CACFP improvements only; revised documents also were rated for CACFP changes. NJ LRG ratings removed in ASHW 2019 due to ASHW Policy Change (see Introduction)

## **NEW MEXICO At A Glance:**

## Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards

	tter-based tillid tare ilcensing regulations and support of 47 high-impact obesity prevention standards		
Hea	Ithy Infant Feeding (n = 11)		
Brea	stfeeding Support	2010	2019
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3
Infa	nt Feeding Practices		
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4
IB1	Feed infants on cue	4	4
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	4	4
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	4
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	4
	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
_	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	1	3
	Serve no fruit juice to children younger than 12 months of age	1	4
	rition (n = 21)		
	ition Standards	2010	2019
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
_	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3
	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	3
IVAS	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%)		3
NA4	pasteurized milk to those who are at risk for hypercholesterolemia or obesity	3	3
NA5	Serve skim or 1% pasteurized milk to children two years of age and older	3	4
	Serve whole grain breads, cereals, and pastas	3	3
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	4
	Serve fruits of several varieties, especially whole fruits	4	4
	Use only 100% juice with no added sweeteners	3	3
_	Offer juice (100%) only during meal times	2	4
_	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	4
_	Make water available both inside and outside	3	4
	Limit salt by avoiding salty foods such as chips and pretzels	2	2
_		1	3
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk  thy Mealtime Practices	1	3
		2	2
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	3	3
	Require adults eating meals with children to eat items that meet nutrition standards	2	2
NF1	Serve small-sized, age-appropriate portions	4	4
NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions	4	4
NH1	Do not force or bribe children to eat	2	2
	Do not use food as a reward or punishment	3	3
	ical Activity (n = 11)	3	3
шус	ACTIVITY (II - 22)	2010	2019
DA1	Provide children with adequate space for both inside and outside play	4	4
	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote		
PA2	physical activity	2	2
PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2
	Do not withhold active play from children who misbehave	2	2
_	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3
_	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	3
	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	3
	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the		
PD1	course of the day—indoor or outdoor	2	2
PE1	Ensure that infants have supervised tummy time every day when they are awake	2	2
PE2	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	2
Limi	ts on Screen-Time (n = 4)		
		2010	2019
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3	4
	Limit total media time for children 2 years and older to not more than 30 min. weekly	3	3
FDZ			
	Use screen media with children age two years and older only for educational purposes or physical activity	2	2
PB3	Use screen media with children age two years and older only for educational purposes or physical activity  Do not utilize TV, video, or DVD viewing during meal or snack time	2	2

#### Rating Code:

4 Regulation fully meets standard
Regulation partially meets standard
Regulation does not address standard
Regulation contradicts the standard
State does not regulate care type

New Mexico Regulation Rating History: 2010 (CTR, LRG, SML); 2012 (CTR, LRG, SML); 2014 (CTR, LRG, SML); 2017\*(CTR, LRG, SML) NOTE: A starred date (i.e., 2012\* and/or 2017\*) signifies rating changes assigned to noted care type(s) due to CACFP improvements only; revised documents also were rated for CACFP changes.

## **NEW YORK At A Glance:**

### Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards

Healthy Infant Feeding (n = 11)		
Breastfeeding Support	2010	2019
IA1 Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3
Infant Feeding Practices		
IA2 Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	4
IB1 Feed infants on cue	2	4
IB2 Do not feed infants beyond satiety; Allow infant to stop the feeding	2	4
IB3   Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	4	3
IC1 Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	2	3
IC2 Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	4
IC3 Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	4
ID1 Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
ID2 Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	2	3
ID3 Serve no fruit juice to children younger than 12 months of age	2	4
Nutrition (n = 21)		
Nutrition Standards	2010	2019
NA1 Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
NA2 Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	2	3
NA3 Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	2	3
NA4 Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%)	2	3
pasteurized milk to those who are at risk for hypercholesterolemia or obesity	2	3
NAS   Serve skim or 1% pasteurized milk to children two years of age and older	2	4
NB1 Serve whole grain breads, cereals, and pastas	2	3
NB2 Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	2	3
NB3 Serve fruits of several varieties, especially whole fruits	2	3
NC1 Use only 100% juice with no added sweeteners	2	4
NC2 Offer juice (100%) only during meal times	2	4
NC3 Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4
NC4 Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	4
ND1 Make water available both inside and outside	4	4
NG1 Limit salt by avoiding salty foods such as chips and pretzels	2	2
NG2 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	3
Healthy Mealtime Practices	<u>'</u>	
NE1 Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
NE2 Require adults eating meals with children to eat items that meet nutrition standards	2	2
NF1   Serve small-sized, age-appropriate portions	4	4
Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of		
	4	4
NF2 Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions  NH1 Do not force or bribe children to eat		
NF2 Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions	4	4
NF2 Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions  NH1 Do not force or bribe children to eat	4	4
NF2 Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions  NH1 Do not force or bribe children to eat  NH2 Do not use food as a reward or punishment	4	4
NF2 Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions  NH1 Do not force or bribe children to eat  NH2 Do not use food as a reward or punishment  Physical Activity (n = 11)  PA1 Provide children with adequate space for both inside and outside play	3 3	3 3
NF2 Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions  NH1 Do not force or bribe children to eat  NH2 Do not use food as a reward or punishment  Physical Activity (n = 11)	4 3 3 2010	4 3 3 2019
NF2 Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions  NH1 Do not force or bribe children to eat  NH2 Do not use food as a reward or punishment  Physical Activity (n = 11)  PA1 Provide children with adequate space for both inside and outside play  Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote	4 3 3 2010 4	4 3 3 2019 4
NF2 Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions  NH1 Do not force or bribe children to eat  NH2 Do not use food as a reward or punishment  Physical Activity (n = 11)  PA1 Provide children with adequate space for both inside and outside play  PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	4 3 3 2010 4 2	4 3 3 2019 4 3
NF2 Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions  NH1 Do not force or bribe children to eat  NH2 Do not use food as a reward or punishment  Physical Activity (n = 11)  PA1 Provide children with adequate space for both inside and outside play  PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	4 3 3 2010 4 2	4 3 3 2019 4 3
NF2 Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions  NH1 Do not force or bribe children to eat  NH2 Do not use food as a reward or punishment  Physical Activity (n = 11)  PA1 Provide children with adequate space for both inside and outside play  PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	4 3 3 2010 4 2 2 2	4 3 3 2019 4 3 2 2
Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions  NH1 Do not force or bribe children to eat  NH2 Do not use food as a reward or punishment  Physical Activity (n = 11)  PA1 Provide children with adequate space for both inside and outside play  PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  PA5 Do not withhold active play from children who misbehave	2010 4 2 2 2 3	2019 4 3 2 2 2 3
Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions  NH1 Do not force or bribe children to eat  Do not use food as a reward or punishment  Physical Activity (n = 11)  PA1 Provide children with adequate space for both inside and outside play  Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  PA5 Do not withhold active play from children who misbehave  PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	2010 4 2 2 2 3 3	2019 4 3 2 2 3 3 3
Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions  NH1 Do not force or bribe children to eat  NH2 Do not use food as a reward or punishment  Physical Activity (n = 11)  PA1 Provide children with adequate space for both inside and outside play  Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  PA5 Do not withhold active play from children who misbehave  PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the	2010 4 2 2 2 3 3 2 2	2019 4 3 2 2 2 3 3 3 3
Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions  NH1 Do not force or bribe children to eat  NH2 Do not use food as a reward or punishment  Physical Activity (n = 11)  PA1 Provide children with adequate space for both inside and outside play  Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  PA3 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  PA5 Do not withhold active play from children who misbehave  PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  PC4 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor	2010 4 2 2 2 3 3 2 2 2	2019 4 3 2 2 2 3 3 3 3 2
Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions  NH1 Do not force or bribe children to eat  NH2 Do not use food as a reward or punishment  Physical Activity (n = 11)  PA1 Provide children with adequate space for both inside and outside play  Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  PAA Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  PA5 Do not withhold active play from children who misbehave  PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  PC4 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  PE1 Ensure that infants have supervised tummy time every day when they are awake	4 3 3 2010 4 2 2 2 2 3 3 2 2 2	2019 4 3 2 2 2 3 3 3 3 3 4
Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions  NH1 Do not force or bribe children to eat  NH2 Do not use food as a reward or punishment  Physical Activity (n = 11)  PA1 Provide children with adequate space for both inside and outside play  Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  PA2 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  PA5 Do not withhold active play from children who misbehave  PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  PD1 Provide daily for all children, birth to 6 six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  PE1 Ensure that infants have supervised tummy time every day when they are awake  PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2010 4 2 2 2 3 3 2 2 2	2019 4 3 2 2 2 3 3 3 3 2
Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions  NH1 Do not force or bribe children to eat  NH2 Do not use food as a reward or punishment  Physical Activity (n = 11)  PA1 Provide children with adequate space for both inside and outside play  Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  PAA Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  PA5 Do not withhold active play from children who misbehave  PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  PC4 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  PE1 Ensure that infants have supervised tummy time every day when they are awake	4 3 3 2010 4 2 2 2 2 3 3 2 2 2 2 3	2019 4 3 2 2 2 3 3 3 3 3 2 4 4 3
Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions  NH1 Do not force or bribe children to eat  NH2 Do not use food as a reward or punishment  Physical Activity (n = 11)  PA1 Provide children with adequate space for both inside and outside play  Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  PA5 Do not withhold active play from children who misbehave  PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  PC4 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  PE1 Ensure that infants have supervised tummy time every day when they are awake  PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  Limits on Screen-Time (n = 4)	4 3 3 2010 4 2 2 2 2 3 3 2 2 2 2 3 3 2 2 2 2 3 3 2 2 2 2 2 2 2 2 3 3 4 4 4 5 6 7 8 7 8 8 8 8 8 8 8 8 8 8 8 8 8	4 3 3 2019 4 3 2 2 3 3 3 3 2 4 3 3 2
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Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions  NH1 Do not force or bribe children to eat  NH2 Do not use food as a reward or punishment  Physical Activity (n = 11)  PA1 Provide children with adequate space for both inside and outside play  Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  PA5 Do not withhold active play from children who misbehave  PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  PC3 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  PE1 Ensure that infants have supervised tummy time every day when they are awake  PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  Limits on Screen-Time (n = 4)  PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	4 3 3 2010 4 2 2 2 2 3 3 2 2 2 2 3 3 2 2 2 2 2 2 2 2 2 2 2 2 2	2019 4 3 2 2 2 3 3 3 3 3 2 4 4 3

#### Rating Code:

4 Regulation fully meets standard
3 Regulation partially meets standard
2 Regulation does not address standard
1 Regulation contradicts the standard
0 State does not regulate care type

New York Regulation Rating History: 2010 (CTR, LRG, SML); 2014 (LRG, SML); 2015 (CTR, LRG); 2017\* (CTR) NOTE: A starred date (i.e., 2012\* and/or 2017\*) signifies rating changes assigned to noted care type(s) due to CACFP improvements only; revised documents also were rated for CACFP changes.

### **NORTH CAROLINA At A Glance:**

Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards

Serve hards from process of the control of the server
Serve human mills or infant formula to at least age 12 months, not cow's mills, unless written exception is provided  4
Serve human mills or Infant formula to at least age 12 months, not cow's mills, unless written exception is provided   4   4   4   4   4   4   4   4   4
ecei findrats on cue
Do not feed infants beyond satiety; Allow infant to stop the feeding Hold infants while bottle feeding, Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap  Joecelop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider  Jon not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction  Jon not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction  Jon ont feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction  Jon ont feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction  Jon ont feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction  Jon ont feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction  Jon ont feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction  Jon of feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction  Jon of feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction  Jon of feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction  Jon of feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction  Jon of feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction  Jon of feed an infant formula mixed with cereal, fruit juice or during feed and primary care provider's written instruction  Jon of the feed and feed and feed an
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slobid infiniaris while bottle feeding, Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap   3   3   3   3   3   3   3   3   3
Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider  introduce age-appropriate solid foods in sooner than 4 months of age, and preferably around 6 months of age  introduce age-appropriate solid foods in sooner than 4 months of age, and preferably around 8 months of age  introduce presented infants framula mixed with cereal, fruit juice or other foods without primary care provider's written instruction  2
Introduce age-appropriate solid foods no soner than 4 months of age, and preferably around 6 months of age Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months  3
Introduce Desided infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months  3
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Serve no fruit juice to children younger than 12 months of age  trition (n = 21)  trition (n = 21)  trition (n = 21)  trition (n = 21)  trition Standards  2010 20:  Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods  2 2 2 Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats  3 3 3 3 3 Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older  3 3 3 Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to those who are at risk for hypercholesterolemia or obesity  5 Serve sikm or 1% pasteurized milk to children two years of age and older  2 4 Serve whole grain breads, cereals, and pastas  5 Serve swhole grain breads, cereals, and pastas  5 Serve fattor of several varieties, especially whole fruits  1 Serve whole grain breads, cereals, and pastas  5 Serve furth of several varieties, especially whole fruits  1 Use only 100% juice with no added sweetners  2 Offer juice (100%) only during meal times  3 Serve no more than 8 to 12 oz juice/day for children 1-6 years of age  4 Serve no more than 8 to 12 oz juice/day for children 1-6 years of age  5 Serve no more than 8 to 12 oz juice/day for children 1-6 years of age  5 Serve no more than 8 to 12 oz juice/day for children 1-8 years of age  6 Serve no more than 8 to 12 oz juice/day for children 1-8 years of age  7 Serve no more than 8 to 12 oz juice/day for children 1-8 years of age  8 Serve no more than 8 to 12 oz juice/day for children 1-8 years of age  9 Serve no more than 8 to 12 oz juice/day for children 1-8 years of age  1 Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs  1 Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutr
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Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting 3 3
2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  3 4
3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity 3 3
Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the
1 course of the day—indoor or outdoor
1 Ensure that infants have supervised tummy time every day when they are awake 4 4
Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all
nits on Screen-Time (n = 4)
2010 20:
1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years  4 4
Limit total media time for children 2 years and older to not more than 30 min. weekly
Limit total media time for children 2 years and older to not more than 30 min. weekly  3 3  3 Use screen media with children age two years and older only for educational purposes or physical activity  2 2

#### Rating Code:

4 Regulation fully meets standard
3 Regulation partially meets standard
2 Regulation does not address standard
1 Regulation contradicts the standard
0 State does not regulate care type

North Carolina Regulation Rating History: 2010 (CTR, LRG, SML); 2012 (CTR, LRG, SML); 2013 (CTR, LRG, SML); 2017\* (CTR, LRG, SML); 2018 (CTR, LRG, SML)

NOTE: A starred date (i.e., 2012\* and/or 2017\*) signifies rating changes assigned to noted care type(s) due to CACFP improvements only; revised documents also were rated for CACFP changes.

## **NORTH DAKOTA At A Glance:**

Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards

Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards		
Healthy Infant Feeding (n = 11)		
Breastfeeding Support	2010	2019
IA1 Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3
Infant Feeding Practices		
IA2 Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	3	3
IB1 Feed infants on cue	2	4
IB2 Do not feed infants beyond satiety; Allow infant to stop the feeding	2	2
IB3   Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	4	3
IC1 Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	2
IC2 Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	3
IC3 Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	2
ID1 Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	4
ID2 Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	2	2
ID3   Serve no fruit juice to children younger than 12 months of age	2	2
Nutrition (n = 21)		
Nutrition Standards	2010	2019
NA1 Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
NA2 Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	2	2
NA3 Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	2	2
NA4 Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%)	2	2
pasteurized milk to those who are at risk for hypercholesterolemia or obesity  NA5 Serve skim or 1% pasteurized milk to children two years of age and older	2	2
NB1 Serve whole grain breads, cereals, and pastas	2	2
NB2 Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	2	2
NB3 Serve fruits of several varieties, especially whole fruits	2	2
NC1 Use only 100% juice with no added sweeteners	2	2
NC2 Offer juice (100%) only during meal times	2	2
NC3   Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2	2
NC4   Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	2
ND1 Make water available both inside and outside	3	3
NG1 Limit salt by avoiding salty foods such as chips and pretzels	2	2
NG2 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	2
Healthy Mealtime Practices		
NE1 Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	3	3
NE2 Require adults eating meals with children to eat items that meet nutrition standards	2	2
NF1 Serve small-sized, age-appropriate portions	4	4
NF2 Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of	2	2
the individual child; leach children who require limited portions about portion size and monitor their portions		
NH1 Do not force or bribe children to eat	3	3
NH2 Do not use food as a reward or punishment	3	3
Physical Activity (n = 11)		
	2010	2019
	4	4
PA1 Provide children with adequate space for both inside and outside play		2
Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote	2	
Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2
PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	3
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Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  PA5 Do not withhold active play from children who misbehave  PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  PD1 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  PE1 Ensure that infants have supervised tummy time every day when they are awake  PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  Limits on Screen-Time (n = 4)	2 2 3 2 2 2 2 2 2 2 2	3 4 4 4 4 3 2 2 3
Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  PA5 Do not withhold active play from children who misbehave  PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  PD1 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  PE1 Ensure that infants have supervised tummy time every day when they are awake  PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  Limits on Screen-Time (n = 4)  PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2 2 3 2 2 2 2 2 2 2 2 2 2	3 4 4 4 4 3 2 2 2 3 2019
PAZ Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  PA5 Do not withhold active play from children who misbehave  PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  PD1 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  PE1 Ensure that infants have supervised tummy time every day when they are awake  PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  Limits on Screen-Time (n = 4)  PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years  PB2 Limit total media time for children 2 years and older to not more than 30 min. weekly	2 2 3 2 2 2 2 2 2 2 2 2 2 2 2 2	3 4 4 4 4 3 2 2 3 2019 2

#### Rating Code:

4 Regulation fully meets standard North Dakota Regulation Rating History: 2010 (CTR, LRG, SML); 2011 (CTR, LRG, SML); 2013 (CTR, LRG, SML)

Regulation partially meets standard

2 Regulation does not address standard
1 Regulation contradicts the standard
0 State does not regulate care type

ASHW 2019 Supplement: Centers

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## **OHIO At A Glance:**

## Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards

	iter-based clinic care iterising regulations and support of 47 high-impact obesity prevention standards		
Hea	Ithy Infant Feeding (n = 11)		
Brea	astfeeding Support	2010	2019
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3
Infa	nt Feeding Practices		
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4
IB1	Feed infants on cue	4	2
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	4	2
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	4	2
	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	3
	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	2
_	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	1	2
	Serve no fruit juice to children younger than 12 months of age	1	2
	rition (n = 21)	-	
	rition Standards	2010	2019
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
_			
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	2
INA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older  Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%)	3	2
NA4	pasteurized milk to those who are at risk for hypercholesterolemia or obesity	3	3
NA5	Serve skim or 1% pasteurized milk to children two years of age and older	2	4
_	Serve whole grain breads, cereals, and pastas	4	2
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3
_	Serve fruits of several varieties, especially whole fruits	3	3
	Use only 100% juice with no added sweeteners	4	3
	Offer juice (100%) only during meal times	2	2
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	2
_	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	2
	Make water available both inside and outside	4	4
_	Limit salt by avoiding salty foods such as chips and pretzels	2	2
NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	2
Heal	thy Mealtime Practices		
NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	3	2
NE2	Require adults eating meals with children to eat items that meet nutrition standards	2	2
NF1	Serve small-sized, age-appropriate portions	4	4
NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of	3	2
	the individual child; Teach children who require limited portions about portion size and monitor their portions		
	Do not force or bribe children to eat	2	2
	Do not use food as a reward or punishment	3	3
Phy:	sical Activity (n = 11)		
		2010	2019
PA1	Provide children with adequate space for both inside and outside play	4	4
PA2	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2
PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2
PA4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2
PA5	Do not withhold active play from children who misbehave	3	3
PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3
PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	2	2
PC3		2	2
	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the		
PD1	course of the day—indoor or outdoor  Ensure that infants have supervised tummy time every day when they are awake	2	4
_	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	2
		2	2
EIM	its on Screen-Time (n = 4)	2010	2010
		2010	2019
DC:	Donate william and a feel visition [TII] with a read DVD visition and account and VIII and VIII	2	_
	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2	2
PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	2	2
PB2 PB3			

#### Rating Code:

4 Regulation fully meets standard
3 Regulation partially meets standard
2 Regulation does not address standard
1 Regulation contradicts the standard
0 State does not regulate care type

Ohio Regulation Rating History: 2010 (CTR, LRG, SML); 2012\*(CTR, LRG, SML); 2016 (CTR, LRG, SML)

NOTE: A starred date (i.e., 2012\* and/or 2017\*) signifies rating changes assigned to noted care type(s) due to CACFP improvements only; revised documents also were rated for CACFP changes.

## **OKLAHOMA At A Glance:**

## Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards

CCI	ter-based clind care ilcensing regulations and support of 47 high-impact obesity prevention standards		
Hea	Ithy Infant Feeding (n = 11)		
Brea	stfeeding Support	2010	2019
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	3
Infa	nt Feeding Practices		
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4
IB1	Feed infants on cue	4	4
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	4
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	2
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	2
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	2	2
ID3	Serve no fruit juice to children younger than 12 months of age	2	2
Nut	rition (n = 21)		
Nutr	ition Standards	2010	2019
NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	3
NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%)	2	3
IVA4	pasteurized milk to those who are at risk for hypercholesterolemia or obesity		3
	Serve skim or 1% pasteurized milk to children two years of age and older	2	4
NB1	Serve whole grain breads, cereals, and pastas	3	3
NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3
NB3	Serve fruits of several varieties, especially whole fruits	3	3
NC1	Use only 100% juice with no added sweeteners	2	4
NC2	Offer juice (100%) only during meal times	2	4
NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4
NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	4
ND1	Make water available both inside and outside	4	4
NG1	Limit salt by avoiding salty foods such as chips and pretzels	2	2
NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	3
Heal	thy Mealtime Practices		
NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
NE2	Require adults eating meals with children to eat items that meet nutrition standards	2	2
NF1	Serve small-sized, age-appropriate portions	3	4
NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of	3	3
	the individual child; Teach children who require limited portions about portion size and monitor their portions	,	
	Do not force or bribe children to eat	2	4
	Do not use food as a reward or punishment	3	4
Phys	ical Activity (n = 11)		
		2010	2019
PA1	Provide children with adequate space for both inside and outside play	4	4
PA2	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2
	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	3
_	Do not withhold active play from children who misbehave	4	4
	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3
	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	2	2
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	2	2
PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor	2	3
PE1	Ensure that infants have supervised tummy time every day when they are awake	2	4
PE2	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3	3
Limi	ts on Screen-Time (n = 4)		
		2010	2019
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3	3
PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	3	3
PB3	Use screen media with children age two years and older only for educational purposes or physical activity	2	2
PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	3

#### Rating Code:

4 Regulation fully meets standard
Regulation partially meets standard
2 Regulation does not address standard
1 Regulation contradicts the standard
0 State does not regulate care type

Oklahoma Regulation Rating History: 2010 (CTR, LRG, SML); 2016 (CTR); 2017 (CTR, LRG, SML)

NOTE: A starred date (i.e., 2012\* and/or 2017\*) signifies rating changes assigned to noted care type(s) due to CACFP improvements only; revised documents also were rated for CACFP changes.

## **OREGON At A Glance:**

## Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards

	tter-based child care licensing regulations and support of 47 high-impact obesity prevention standards  Ithy Infant Feeding (n = 11)		
	Interpretating Composition (in = 11)	2010	2019
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3
	nt Feeding Practices	3	
	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4
	Feed infants on cue	4	4
	Do not feed infants beyond satiety; Allow infant to stop the feeding	4	4
	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3
	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3
		1	1
	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	3
_	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	2
	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction		
_	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	1	1
	Serve no fruit juice to children younger than 12 months of age	1	1
_	rition (n = 21)		2212
	ition Standards	2010	2019
_	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	3
NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%)	2	2
NΔS	pasteurized milk to those who are at risk for hypercholesterolemia or obesity  Serve skim or 1% pasteurized milk to children two years of age and older	2	4
_	Serve whole grain breads, cereals, and pastas	3	3
_	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3
_	Serve fruits of several varieties, especially whole fruits	3	3
	Use only 100% juice with no added sweeteners	4	4
	' •		
_	Offer juice (100%) only during meal times	2	2
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	3
_	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	3
	Make water available both inside and outside	3	4
_	Limit salt by avoiding salty foods such as chips and pretzels	3	3
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	3	3
_	thy Mealtime Practices		
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
_	Require adults eating meals with children to eat items that meet nutrition standards	2	2
NF1	Serve small-sized, age-appropriate portions	4	4
NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions	3	3
NH1	Do not force or bribe children to eat	3	3
	Do not use food as a reward or punishment	3	3
	ical Activity (n = 11)	3	3
F Hy.	incal activity (ii = 11)	2010	2019
DA1	Provide children with adequate space for both inside and outside play	4	
	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote		4
PA2	physical activity	2	2
PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2
_	Do not withhold active play from children who misbehave	2	2
	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3
	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	3
_	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	3
	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the		
PD1	course of the day—indoor or outdoor	2	2
PE1	Ensure that infants have supervised tummy time every day when they are awake	2	2
PE2	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	2
	ts on Screen-Time (n = 4)		
		2010	2019
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2	2
	Limit total media time for children 2 years and older to not more than 30 min. weekly	2	2
	Use screen media with children age two years and older only for educational purposes or physical activity	2	2
	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2
_,			

#### Rating Code:

4 Regulation fully meets standard
3 Regulation partially meets standard
2 Regulation does not address standard
1 Regulation contradicts the standard
0 State does not regulate care type

Oregon Regulation Rating History: 2010 (CTR, LRG, SML); 2012\* (CTR, LRG, SML); 2017\* (SML)

NOTE: A starred date (i.e., 2012\* and/or 2017\*) signifies rating changes assigned to noted care type(s) due to CACFP improvements only; revised documents also were rated for CACFP changes.

## **PENNSYLVANIA At A Glance:**

## Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards

Healthy Infant Feeding (n = 11)		
Breastfeeding Support	2010	2019
IA1 Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	2
Infant Feeding Practices		
IA2   Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	2
IB1 Feed infants on cue	3	3
IB2 Do not feed infants beyond satiety; Allow infant to stop the feeding	2	2
IB3 Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3
IC1 Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3
IC2 Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	2
IC3 Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	2
ID1 Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
ID2 Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	2	2
ID3 Serve no fruit juice to children younger than 12 months of age	2	2
Nutrition (n = 21)		
Nutrition Standards	2010	2019
NA1 Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
NA2 Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3
NA3 Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	3
NA4 Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%)	2	2
pasteurized milk to those who are at risk for hypercholesterolemia or obesity		
NAS   Serve skim or 1% pasteurized milk to children two years of age and older	2	2
NB1 Serve whole grain breads, cereals, and pastas	3	3
NB2 Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	4	4
NB3   Serve fruits of several varieties, especially whole fruits	4	4
NC1 Use only 100% juice with no added sweeteners	2	2
NC2 Offer juice (100%) only during meal times	2	2
NC3 Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2	2
NC4 Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	2
ND1 Make water available both inside and outside	4	4
NG1 Limit salt by avoiding salty foods such as chips and pretzels	2	2
NG2 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	2
Healthy Mealtime Practices		
NE1 Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
NE2 Require adults eating meals with children to eat items that meet nutrition standards	2	2
NF1 Serve small-sized, age-appropriate portions		
	4	4
Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of		
NF2 Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions	3	3
NF2 Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions  NH1 Do not force or bribe children to eat	3 2	3
NF2 Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions  NH1 Do not force or bribe children to eat  NH2 Do not use food as a reward or punishment	3	3
NF2 Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions  NH1 Do not force or bribe children to eat	3 2	3
NF2 Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions  NH1 Do not force or bribe children to eat  NH2 Do not use food as a reward or punishment  Physical Activity (n = 11)	3 2	2 2 2 2019
NF2 Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions  NH1 Do not force or bribe children to eat  NH2 Do not use food as a reward or punishment  Physical Activity (n = 11)  PA1 Provide children with adequate space for both inside and outside play	3 2 2	2 2
NF2 Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions  NH1 Do not force or bribe children to eat  NH2 Do not use food as a reward or punishment  Physical Activity (n = 11)	3 2 2 2	2 2 2 2019
NF2 Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions  NH1 Do not force or bribe children to eat  NH2 Do not use food as a reward or punishment  Physical Activity (n = 11)  PA1 Provide children with adequate space for both inside and outside play  Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote	2 2 2 2010 4	2 2 2 2019 4
NF2 Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions  NH1 Do not force or bribe children to eat  NH2 Do not use food as a reward or punishment  Physical Activity (n = 11)  PA1 Provide children with adequate space for both inside and outside play  PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2 2 2010 4 2	3 2 2 2019 4 2
Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions  NH1 Do not force or bribe children to eat  NH2 Do not use food as a reward or punishment  Physical Activity (n = 11)  PA1 Provide children with adequate space for both inside and outside play  PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  PA5 Do not withhold active play from children who misbehave	2 2 2 2010 4 2 2	3 2 2 2019 4 2
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#### Rating Code:

4 Regulation fully meets standard Pennsylvania Regulation Rating History: 2010 (CTR, LRG, SML)

Regulation partially meets standard

Regulation does not address standard

1 Regulation contradicts the standard

0 State does not regulate care type

## **RHODE ISLAND At A Glance:**

## Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards

Breastfeeding Support		
	2010	2019
IA1 Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	3
Infant Feeding Practices		
IA2 Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	3	4
IB1 Feed infants on cue	3	4
IB2 Do not feed infants beyond satiety; Allow infant to stop the feeding	2	4
IB3 Hold infants while bottle feeding, Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3
IC1 Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3
IC2 Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	4
IC3 Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	4
ID1 Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
ID2 Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	2	3
ID3 Serve no fruit juice to children younger than 12 months of age	2	4
Nutrition (n = 21)		
Nutrition Standards	2010	2019
NA1 Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
NA2 Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	2	3
NA3 Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	2	3
Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%)		
NA4 pasteurized milk to those who are at risk for hypercholesterolemia or obesity	2	3
NAS Serve skim or 1% pasteurized milk to children two years of age and older	2	4
NB1 Serve whole grain breads, cereals, and pastas	2	3
NB2 Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	2	3
NB3 Serve fruits of several varieties, especially whole fruits	2	3
NC1 Use only 100% juice with no added sweeteners	2	4
NC2 Offer juice (100%) only during meal times	2	4
NC3 Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2	4
NC4   Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	4
ND1 Make water available both inside and outside	4	4
NG1 Limit salt by avoiding salty foods such as chips and pretzels	2	2
NG2 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	3
Healthy Mealtime Practices		
NE1 Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
NE2 Require adults eating meals with children to eat items that meet nutrition standards	2	2
NF1   Serve small-sized, age-appropriate portions	2	4
Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of	F	
the individual child; Teach children who require limited portions about portion size and monitor their portions	2	3
NH1 Do not force or bribe children to eat	2	4
NH2 Do not use food as a reward or punishment	3	4
Physical Activity (n = 11)		
	2010	2019
PA1 Provide children with adequate space for both inside and outside play	4	4
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Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  PA5 Do not withhold active play from children who misbehave  PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  PD1 provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  PE1 Ensure that infants have supervised tummy time every day when they are awake  PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  Limits on Screen-Time (n = 4)  PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years  PB2 Limit total media time for children 2 years and older to not more than 30 min. weekly	2 2 3 3 3 3 2 2 2 2 2 2 2 2 2 2 2 2 2 2	3 4 3 2 2 2 2 2 2 2019 3 3
Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  PA5 Do not withhold active play from children who misbehave  PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  PD1 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  PE1 Ensure that infants have supervised tummy time every day when they are awake  PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  Limits on Screen-Time (n = 4)  PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2 2 3 3 2 2 2 2 2 2 2010 2	3 4 3 2 2 2 2 2 2019 3

#### Rating Code:

4 Regulation fully meets standard
Regulation partially meets standard
Regulation does not address standard
Regulation contradicts the standard
O State does not regulate care type

Rhode Island Regulation Rating History: 2010 (CTR, LRG, SML); 2012\* (LRG, SML); 2013 (CTR); 2017 (CTR)/2017\*(LRG, SML) NOTE: A starred date (i.e., 2012\* and/or 2017\*) signifies rating changes assigned to noted care type(s) due to CACFP improvements only; revised documents also were rated for CACFP changes.

## **SOUTH CAROLINA At A Glance:**

## Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards

	tter-based clind tare ilcensing regulations and support of 47 high-impact obesity prevention standards		
Hea	Ithy Infant Feeding (n = 11)		
Brea	stfeeding Support	2010	2019
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3
Infa	nt Feeding Practices		
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4
IB1	Feed infants on cue	4	4
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	4	4
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	4
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	4
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	1	3
ID3	Serve no fruit juice to children younger than 12 months of age	1	4
	rition (n = 21)		
	ition Standards	2010	2019
NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
_	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3
	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	3
	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%)		
NA4	pasteurized milk to those who are at risk for hypercholesterolemia or obesity	2	3
NA5	Serve skim or 1% pasteurized milk to children two years of age and older	2	4
NB1	Serve whole grain breads, cereals, and pastas	3	3
NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3
NB3	Serve fruits of several varieties, especially whole fruits	3	3
NC1	Use only 100% juice with no added sweeteners	4	4
NC2	Offer juice (100%) only during meal times	2	4
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	4
_	Make water available both inside and outside	4	4
	Limit salt by avoiding salty foods such as chips and pretzels	2	2
_	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	3
	thy Mealtime Practices	-	
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
	Require adults eating meals with children to eat items that meet nutrition standards	2	2
	Serve small-sized, age-appropriate portions	4	4
141.1	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of		
NF2	the individual child; Teach children who require limited portions about portion size and monitor their portions	3	3
NH1	Do not force or bribe children to eat	3	3
NH2	Do not use food as a reward or punishment	3	3
Phys	ical Activity (n = 11)		
		2010	2019
PA1	Provide children with adequate space for both inside and outside play	4	4
	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote		
PA2	physical activity	2	2
PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2
PA4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2
PA5	Do not withhold active play from children who misbehave	2	2
PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3
PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	2	2
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	2	2
PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the	2	2
PDI	course of the day—indoor or outdoor	2	2
PE1	Ensure that infants have supervised tummy time every day when they are awake	2	2
PE2	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3	3
Limi	ts on Screen-Time (n = 4)		
		2010	2019
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3	3
PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	3	3
PB3	Use screen media with children age two years and older only for educational purposes or physical activity	2	2
PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2

#### Rating Code:

4 Regulation fully meets standard
3 Regulation partially meets standard
2 Regulation does not address standard
1 Regulation contradicts the standard
0 State does not regulate care type

South Carolina Regulation Rating History: 2010 (CTR, LRG, SML); 2012\* (CTR, LRG); 2017 (SML)/2017\* (CTR, LRG) NOTE: A starred date (i.e., 2012\* and/or 2017\*) signifies rating changes assigned to noted care type(s) due to CACFP improvements only; revised documents also were rated for CACFP changes.

## **SOUTH DAKOTA At A Glance:**

Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards

Introduces and support breasterieding and feeding of breast milk by making arrangements for mothers to feed their children on-site   2   2   2   2   2   2   3   3   3   3			
and Feeding Practices 2   Jeros Human Millor or Infant formula to at least age 12 months, not cow's milk, unless written exception is provided 2   2   Jeros Human Millor or Infant formula to at least age 12 months, not cow's milk, unless written exception is provided 3   Jeros Human Millor or Infant for millor or Jeros Human Millor or Jeros Human Millor or Jeros Human Millor (Jeros Human Millor) 3   John Carl of Human Millor or Jeros Human Millor (Jeros Human Millor) 4   Jeros Human Millor (Jeros Human Millor) 5   Jeros Human Millor (Jeros Human Millor) 5   Jeros Human Millor (Jeros Human Millor) 6   Jeros Human Millor (Jeros Human Millor) 6   Jeros Human Millor (Jeros Human Millor) 6   Jeros Human Millor (Jeros Human Millor) 7   Jeros Human Millor (Jeros Human Millor) 8   Jeros Human Millor (Jeros Huma	Breastfeeding Support	2010	2019
2 ever human milko or infant formula to at least age 12 months, not cow's milk, unless written exception is provided 4 2 a Do not feed infants beyond stately, Allow infant to stop the feeding 5 con tifeed infants beyond stately, Allow infant to stop the feeding 6 con tifeed infants beyond stately, Allow infant to stop the feeding 7 con tifeed infants beyond stately, Allow infant to stop the feeding 8 con tifeed infants while bottle feeding, Position on Infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap 8 control of the form throughing age appropriate solid foods in consultation with child's parent/gamenta and primary care provider 9 control of the form throughing age appropriate solid foods in consultation with child's parent/gamenta and primary care provider 9 control of the deal infant formula mixed with cereal, furtiful juice or other foods without primary care provider's written instruction 9 control infant formula mixed with cereal, furtiful juice or other foods without primary care provider's written instruction 9 control infant formula mixed with cereal, furtiful juice or other foods without primary care provider's written instruction 9 control infant formula mixed with cereal, furtiful juice or other foods without primary care provider's written instruction 9 control infant formula mixed with cereal primary care provider's written instruction 9 control infant formula mixed with cereal primary care provider's written instruction 9 control infant formula mixed with cereal primary care provider's written instruction 9 control infant formula mixed with cereal primary care provider's written instruction 9 control infant formula mixed with cereal primary care provider's written instruction 9 control infant formula mixed with cereal primary care provider's written instruction 9 control infant formula mixed with cereal primary care provider's written instruction 9 control infant formula mixed with cereal primary care providers and primary care providers written instruction 9 cont	IA1 Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	2
sect inflants on cue   4   4   4   2   2   2   2   2   2   3   3   3   3	Infant Feeding Practices		
2 on on teles infams beyond satistry. Allow infant to stop the feeding in the caregiver/teacher's arms or stiting up on the lap 4 develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider 2 2 2 introduce age-appropriate solid foods in consultation with child's parent/guardian and primary care provider 2 2 2 introduce age-appropriate solid foods no sooner than from months of age 4 parent and a month of age 4 2 2 2 introduce age-appropriate solid foods no sooner than from months of age 4 parent and a month of age 4 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	1A2 Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	2
3 hold infinitis while bottle feeding: Position an infant for bottle feeding in the caregiver/beacher's arms or sitting up on the lap beacher plant for the bottle feeding in the caregiver/beacher's arms or sitting up on the lap beacher plant for the bottle feeding in the caregiver/beacher's arms or sitting up on the lap beacher plant for the bottle foods in o sooner than 4 months of age, and preferably around 6 months of age and preferably around 5 months of age and preferably around 5 months of age and preferably around 5 months of age and the bottle first in the standard of the plant for a month of the plant for	IB1 Feed infants on cue	4	4
Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider   2   2   2	IB2 Do not feed infants beyond satiety; Allow infant to stop the feeding	2	2
2 Introduce age-appropriate solid fooths no sooner than 4 months of age, and preferably around 6 months of age Introduce presented infants gradually to iron-fortified foods no sooner than 64 months of age, but preferably around six months 2 2 2 2 Serve whole fruits, mashed or purced, for infants 7 months up to 1 year of age 3 2 2 Serve whole fruits, mashed or purced, for infants 7 months up to 1 year of age 3 2 2 Serve whole fruits, mashed or purced, for infants 7 months up to 1 year of age 3 Serve no furtil up to children younger than 12 months of age 4 2 2 2 2 Serve whole fruits, mashed or purced, for infants 7 months up to 1 year of age 4 2 2 2 2 Serve whole fruits, mashed or purced, for infants 7 months up to 1 year of age 4 Serve no furtil up to children younger than 12 months of age 4 2 2 2 2 Serve whole fruits, mashed or purced, for infants 7 months up to 1 year of age 4 Serve no furtil up to children younger than 12 months of age 4 2 2 2 2 Serve whole fruits whole pasteurzed milk to twelve than 12 months of age, many and a worlding fruits for 12 years of age and older 5 Serve meats and/or beans - chicken, fish, lean nead, and/or legues (such as dided peas, beans), avoiding fried meats 5 Serve six mor 1 We pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) 2 Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) 2 Serve whole pasteurized milk to children two years of age and older 5 Serve six mor 1 We pasteurized milk to children two years of age and older 6 Serve six mor 1 We pasteurized milk to children two years of age and older 7 Serve more than 3 to 10 cap interfect of the prechabeles and older 8 Serve fruits of standard milk to well and pasts 9 Serve fruits of standard milk to twelve the twelve fruits of the standard milk and the standar	IB3 Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	4	4
a Introduce breasted infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months  2 2 2  Serve whole fruits, mashed or pureed, for infants? months up to 1 year of age 2 2 2  Serve whole fruits, mashed or pureed, for infants? months up to 1 year of age 3 Serve in fruit juice to children younger than 12 months of age 4 2 2 2  Serve whole fruits, mashed or pureed, for infants? months up to 1 year of age 4 2 2 2  Serve member for the pureed of the serve of age 4 2 2 2 2  Serve member for the serve of	IC1 Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	2	2
a Introduce Preasted infants gradually to Iron Fortified foods no sooner than four months of age, but preferably around six months  2 2 2  Serve whole frotts, mashed or pured, for infants 7 months up to 1 year of age  3 perve in fortit julice to children younger than 12 months of age  1	IC2 Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	2
Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age  2 2 2  Infilitor (in = 21)  Infilitor (short)	IC3 Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	2
2 Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age 3 Serve no fruit juice to children younger than 12 months of age 4 1 Trition (n = 2.1)  **Trition (n = 2.1)  **Tritio	ID1 Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
3 Serven fortuit juice to children younger than 12 months of age  **Trition** (n = 21)**  **Trition**		2	2
Histion (I = 21)    Jumit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods   Jumit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods   Jumit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods   Jumit oils by chemisting the device of the product of t			
trition Standards 1 (Imit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods 2 2 2 Server meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats 2 2 2 3 Serve other milk equivalent products (yrgurt, cottage cheese) using low-fat varieties for 2 years of age and older 5 Serve whole pasteurized milk to wheve to twenty-four morth old children who are not on human milk or prescribed formula, or server reduced fat (2%) 4 Server whole grain breads, cereals, and pastas 5 Serve skinn or 15 pasteurized milk to children two years of age and older 2 2 2 Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas 2 2 2 Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas 2 2 2 2 Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas 3 Server funds of several varieties, especifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas 3 Server funds of several varieties, especifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas 3 Server funds of several varieties, especifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas 3 Server funds of the production of the vegetables, such as potatoes and viandas 3 Server funds of the production of the vegetables, such as potatoes and viandas 4 Server on more than 4 to 6 oz juice/day for children 7-12 years of age 4 Server on more than 8 to 12 oz juice/day for children 7-12 years of age 4 Server on more than 8 to 12 oz juice/day for children 7-12 years of age 4 Server on more than 8 to 12 oz juice/day for children 7-12 years of age 4 Server on more than 8 to 12 oz juice/day for children 7-12 years of age 4 Server on more	Nutrition (n = 21)		
1 Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods 2 2 2 Serve meats and/or beans - chicken, fish, lean meat, and/or legiumes (such as dried peas, beans), avoiding fried meats 2 2 2 Serve whole pasteurized milk to twelve to twenty-four month oil children who are not on human milk or prescribed formula, or serve reduced fat (2%) 2 Serve whole pasteurized milk to twelve to twenty-four month oil children who are not on human milk or prescribed formula, or serve reduced fat (2%) 2 Serve whole grain breads, cereals, and pastass 3 Serve for 1% pasteurized milk to children two years of age and older 3 Serve whole grain breads, cereals, and pastass 4 2 2 2 2 Serve wegetables, specifically, dark green, orange, deep yellow wegetables; and root vegetables, such as potatoes and viandas 5 Serve whole grain breads, cereals, and pastass 2 2 2 2 3 Serve wegetables, specifically, dark green, orange, deep yellow wegetables; and root vegetables, such as potatoes and viandas 3 Serve no more than 4 to 6 ze juice/day for children 1-6 years of age 4 2 2 2 4 Defer juice (2100%) only during meal times 5 Serve whole make 10 2 a 2 juice/day for children 7-12 years of age 5 Serve wegetable both inside and outside 6 Serve no more than 4 to 6 ze juice/day for children 7-12 years of age 7 Serve wegetable stating produced servers were served as a care of the server were available both inside and outside 7 Server servers and 10 2 a 2 juice/day for children 7-12 years of age 8 Server no more than 8 to 12 oz juice/day for children 7-12 years of age 9 Server no more than 8 to 12 oz juice/day for children 7-12 years of age 1 Make water available both inside and outside 1 Jean stating and servers were servers of age 1 Jean servers were servers of the servers	Nutrition Standards	2010	2019
2 Sever wemats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fined meats 3 Sever other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older 2 pasteurized milk to twelve to twenty-forw morth old childrine who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to those who are at risk for hypercholesterolemia or obesity 5 Serve skim or 17% pasteurized milk to children two years of age and older 2 2 2 1 Serve whole grain breads, cereals, and pastas 5 Serve skim or 17% pasteurized milk to children two years of age and older 2 2 2 2 Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas 2 2 2 3 Serve fruits of several varieties, especially whole firuits 2 2 2 3 Serve in 100% juice with no added sweeteners 2 1 Use only 100% juice with no added sweeteners 2 2 2 2 3 Serve no more than 4 to 6 oz juice/day for children 1-6 years of age 4 2 2 2 4 Serve no more than 8 to 12 oz juice/day for children 7-12 years of age 5 2 2 2 4 Serve no more than 8 to 12 oz juice/day for children 7-12 years of age 5 2 2 2 4 Serve no more than 8 to 12 oz juice/day for children 7-12 years of age 5 2 2 2 4 Serve in more than 8 to 12 oz juice/day for children 7-12 years of age 5 2 2 2 4 Serve seal size, age-aportopriate portion sizes but as analy, sodas, sweetened drinks, fruit nectars, and flavored milk 5 2 2 2 5 Li Limit salt by avoiding salty foods such as chips and pretzels 6 2 2 2 6 Require adults the individual children to eat eitems that meet nutrition standards 7 2 2 2 7 2 2 8 Serve in the first of the part of the part of the nutritions foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual children to eat eitems that meet nutrition standards 7 2 2 2 7 2 2 2 7 2 2 2 2 7 2 2 2 2 2 2			
3 Serve other milk equivalent products (vogurt, cottage cheese) using low-fat varieties for 2 years of age and older  Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%)  pasteurized milk to those who are at risk for hypercholesterolemia or obesity  2 2 2  Serve vestim or 1% pasteurized milk to children two years of age and older  2 2 2 2  Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas  2 2 2  Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas  2 2 2  Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas  2 2 2  2 3 4 5 2 2  2 5 2 2 2 2 6 7 2 2 2  2 1 Use only 100% juice with no added sweeteners  2 2 2 2 2  2 0 7 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2			
4 Serve whole pasteurized milk to tweeke to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2			
serve skin or 1% pasteurized milk to those who are at risk for hypercholesterolemia or obesity.  2			2
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3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  Ensure that infants have supervised tummy time every day when they are awake  Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	PA5 Do not withhold active play from children who misbehave		
Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  Ensure that infants have supervised tummy time every day when they are awake  Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	PA5 Do not withhold active play from children who misbehave PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting		
1 course of the day—indoor or outdoor 2 2 2 1 Ensure that infants have supervised tummy time every day when they are awake 2 1 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all 2 2 2	PA5 Do not withhold active play from children who misbehave PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	,	
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2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	PA5 Do not withhold active play from children who misbehave PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the	2	_
hits on Scroon Time (n = 4)	PA5 Do not withhold active play from children who misbehave PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the		2
mics on occeen-time (n = 4)	PA5 Do not withhold active play from children who misbehave PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PD1 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor	2	
2010 2019	PA5 Do not withhold active play from children who misbehave PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PD1 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor PE1 Ensure that infants have supervised tummy time every day when they are awake	2	
1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years 2 2	PA5 Do not withhold active play from children who misbehave PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PD1 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor PE1 Ensure that infants have supervised tummy time every day when they are awake PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2 2	2
	PA5 Do not withhold active play from children who misbehave PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PD1 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor PE1 Ensure that infants have supervised tummy time every day when they are awake PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2 2 2010	2 2019
	PA5 Do not withhold active play from children who misbehave PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PD1 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor PE1 Ensure that infants have supervised tummy time every day when they are awake PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all Limits on Screen-Time (n = 4)	2 2 2010 2	2 2019 2
	PA5 Do not withhold active play from children who misbehave PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PD1 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor PE1 Ensure that infants have supervised tummy time every day when they are awake PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all Limits on Screen-Time (n = 4)  PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years PB2 Limit total media time for children 2 years and older to not more than 30 min. weekly	2 2 2010 2 2	2 2019 2 2
<u> </u>	PAS Do not withhold active play from children who misbehave PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor PE1 Ensure that infants have supervised tummy time every day when they are awake PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all Limits on Screen-Time (n = 4)  PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2 2 2010 2 2	2 2019 2 2

#### Rating Code:

4 Regulation fully meets standard South Dakota Regulation Rating History: 2010 (CTR, LRG, SML)
3 Regulation partially meets standard
2 Regulation does not address standard

1 Regulation contradicts the standard

O State does not regulate care type

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## **TENNESSEE At A Glance:**

## Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards

CC.	ter-based clind care ilcensing regulations and support of 47 migh-impact obesity prevention standards		
Hea	Ithy Infant Feeding (n = 11)		
Brea	stfeeding Support	2010	2019
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3
Infa	nt Feeding Practices		
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	4
IB1	Feed infants on cue	4	4
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	4
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	4
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	4
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	3
ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	2	3
ID3	Serve no fruit juice to children younger than 12 months of age	2	4
	rition (n = 21)		
	ition Standards	2010	2019
NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	3	2
_	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3
	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	2	3
	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%)		
NA4	pasteurized milk to those who are at risk for hypercholesterolemia or obesity	2	3
NA5	Serve skim or 1% pasteurized milk to children two years of age and older	2	4
NB1	Serve whole grain breads, cereals, and pastas	2	3
NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3
NB3	Serve fruits of several varieties, especially whole fruits	3	3
NC1	Use only 100% juice with no added sweeteners	2	4
NC2	Offer juice (100%) only during meal times	2	4
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2	4
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	4
_	Make water available both inside and outside	3	4
	Limit salt by avoiding salty foods such as chips and pretzels	2	2
_	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	4	3
	thy Mealtime Practices	-	
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
	Require adults eating meals with children to eat items that meet nutrition standards	2	2
	Serve small-sized, age-appropriate portions	2	4
141.1	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of		
NF2	the individual child; Teach children who require limited portions about portion size and monitor their portions	2	3
NH1	Do not force or bribe children to eat	4	3
NH2	Do not use food as a reward or punishment	4	4
Phys	ical Activity (n = 11)		
		2010	2019
PA1	Provide children with adequate space for both inside and outside play	4	4
	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote		
PA2	physical activity	2	3
PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2
PA4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	3
PA5	Do not withhold active play from children who misbehave	4	2
PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3
PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	4
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	4
PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the	2	3
	course of the day—indoor or outdoor		
	Ensure that infants have supervised tummy time every day when they are awake	2	4
PE2	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3	4
Limi	ts on Screen-Time (n = 4)		
		2010	2019
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3	4
PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	3	3
PB3	Use screen media with children age two years and older only for educational purposes or physical activity	3	4
PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	4

#### Rating Code:

4 Regulation fully meets standard Tennessee Regulation Rating History: 2010 (CTR, LRG, SML); 2018 (CTR, LRG, SML)
3 Regulation partially meets standard

2 Regulation does not address standard
1 Regulation contradicts the standard

0 State does not regulate care type

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## **TEXAS At A Glance:**

## Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards

	ter-based clind care licensing regulations and support of 47 high-impact obesity prevention standards		
Hea	thy Infant Feeding (n = 11)		
Brea	stfeeding Support	2010	2019
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	4
Infai	nt Feeding Practices		
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	2
IB1	Feed infants on cue	3	3
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	2
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	2	2
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	2
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	2
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	2	2
ID3	Serve no fruit juice to children younger than 12 months of age	2	4
	ition (n = 21)		
	ition Standards	2010	2019
NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
_	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3
	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	2	2
	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%)		
NA4	pasteurized milk to those who are at risk for hypercholesterolemia or obesity	2	2
NA5	Serve skim or 1% pasteurized milk to children two years of age and older	2	2
NB1	Serve whole grain breads, cereals, and pastas	3	4
NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3
NB3	Serve fruits of several varieties, especially whole fruits	3	3
NC1	Use only 100% juice with no added sweeteners	4	4
NC2	Offer juice (100%) only during meal times	3	3
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	4
_	Make water available both inside and outside	4	4
	Limit salt by avoiding salty foods such as chips and pretzels	2	2
_	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	3
	thy Mealtime Practices	_	
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
	Require adults eating meals with children to eat items that meet nutrition standards	2	2
	Serve small-sized, age-appropriate portions	4	4
141.1	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of		
NF2	the individual child; Teach children who require limited portions about portion size and monitor their portions	3	3
NH1	Do not force or bribe children to eat	3	3
NH2	Do not use food as a reward or punishment	4	4
Phys	ical Activity (n = 11)		
		2010	2019
PA1	Provide children with adequate space for both inside and outside play	4	4
	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote		
PA2	physical activity	2	2
PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2
PA4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2
PA5	Do not withhold active play from children who misbehave	4	4
PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	4
PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	3
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	3
PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the	2	3
PDI	course of the day—indoor or outdoor	2	2
PE1	Ensure that infants have supervised tummy time every day when they are awake	4	4
PE2	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3	3
Limi	ts on Screen-Time (n = 4)		
		2010	2019
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3	4
PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	3	3
PB3	Use screen media with children age two years and older only for educational purposes or physical activity	2	2
PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2

#### Rating Code:

4 Regulation fully meets standard
3 Regulation partially meets standard
2 Regulation does not address standard
1 Regulation contradicts the standard
0 State does not regulate care type

Texas Regulation Rating History: 2010 (CTR, LRG, SML); 2012 (CTR, LRG, SML); 2014 (CTR, LRG, SML) NOTE: A starred date (i.e., 2012\* and/or 2017\*) signifies rating changes assigned to noted care type(s) due to CACFP improvements only; revised documents also were rated for CACFP changes.

## **UTAH At A Glance:**

## Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards

Center-based criming regulations and support of 47 mgn-impact obesity prevention standards		
Healthy Infant Feeding (n = 11)		
Breastfeeding Support	2010	2019
IA1 Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3
Infant Feeding Practices		
IA2 Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4
IB1 Feed infants on cue	4	4
IB2 Do not feed infants beyond satiety; Allow infant to stop the feeding	4	4
IB3 Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3
IC1 Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3
IC2 Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	4
IC3 Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	4
ID1 Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
ID2 Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	1	3
ID3 Serve no fruit juice to children younger than 12 months of age	1	4
Nutrition (n = 21)		
Nutrition Standards	2010	2019
NA1 Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
NA2 Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3
NA3 Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	3
NA4 Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%)	2	3
pasteurized milk to those who are at risk for hypercholesterolemia or obesity	2	3
NAS   Serve skim or 1% pasteurized milk to children two years of age and older	2	4
NB1 Serve whole grain breads, cereals, and pastas	3	3
NB2 Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3
NB3   Serve fruits of several varieties, especially whole fruits	3	3
NC1 Use only 100% juice with no added sweeteners	4	4
NC2 Offer juice (100%) only during meal times	3	4
NC3 Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4
NC4 Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	4
ND1 Make water available both inside and outside	3	4
NG1 Limit salt by avoiding salty foods such as chips and pretzels	2	2
NG2 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	3
Healthy Mealtime Practices		
NE1 Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
NE2 Require adults eating meals with children to eat items that meet nutrition standards	2	2
NF1 Serve small-sized, age-appropriate portions	4	4
Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of	3	3
the individual child; Teach children who require limited portions about portion size and monitor their portions	3	3
NH1 Do not force or bribe children to eat	3	3
NH2 Do not use food as a reward or punishment	3	3
Physical Activity (n = 11)		
	2010	2019
Date Describe shill and control on the feet bath in the order and control of the	4	4
PA1 Provide children with adequate space for both inside and outside play		2
PA2 Provide critical with adequate space for both inside and outside play  PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2
Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote		2
Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	
Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2
Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2 2 2	2 2
Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  PA5 Do not withhold active play from children who misbehave	2 2 2 2	2 2 2
Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  PA5 Do not withhold active play from children who misbehave  PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	2 2 2 2 2 3	2 2 2 3
Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  PA5 Do not withhold active play from children who misbehave  PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the	2 2 2 2 2 3 2	2 2 2 2 3 4
Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  PA5 Do not withhold active play from children who misbehave  PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the	2 2 2 2 2 3 2 2	2 2 2 3 4 3
Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  PA5 Do not withhold active play from children who misbehave  PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  PD1 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  PE1 Ensure that infants have supervised tummy time every day when they are awake	2 2 2 2 2 3 2 2 2 2	2 2 2 3 4 3 2
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#### Rating Code:

Regulation fully meets standard
Regulation partially meets standard
Regulation does not address standard
Regulation contradicts the standard
State does not regulate care type

Utah Regulation Rating History: 2010 (CTR, LRG, SML); 2012\*(CTR, LRG); 2017 (CTR, LRG, SML)

NOTE: A starred date (i.e., 2012\* and/or 2017\*) signifies rating changes assigned to noted care type(s) due to CACFP improvements only; revised documents also were rated for CACFP changes.

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## **VERMONT At A Glance:**

## Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards

Accordance and support reastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4		tter-based child care licensing regulations and support of 47 high-impact obesity prevention standards  Ithy Infant Feeding (n = 11)		
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Infant Feeding Practices    2				
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Comparison of international agree appropriate sold foot on sooseer than notified parent/guerdian and primary care provider				
Committee   Comm			-	
Commonwealth   Comm				
Dig   Dig   Committed an inflant formula mixed with create, fruit juice or other foods without primary care provider's written instruction   2   3   3   4			-	
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Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  PE1 Ensure that infants have supervised tummy time every day when they are awake  PC2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  3 3 3 4 6 7 7 7 8 7 8 7 9 7 9 7 9 7 9 7 9 7 9 7 9	PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3
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course of the day—indoor or outdoor  PE1 Ensure that infants have supervised tummy time every day when they are awake  2 2  PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  3 3  3.  Limits on Screen-Time (n = 4)  PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years  Limit total media time for children 2 years and older to not more than 30 min. weekly  1 3 3  2 4 3  2 8 3 3  3 9 3 4 4 3 3  2 9 3 9 9 9 9 9 9 9 9 9 9 9 9 9 9 9 9 9	PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	3
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PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years  BD2 Limit total media time for children 2 years and older to not more than 30 min. weekly  BD3 Use screen media with children age two years and older only for educational purposes or physical activity  CD3 2019  CD3 3 4  CD3 3 3 3  CD3 3 3 3 3  CD3 3 3 3 3 3  CD3 3 3 3 3 3  CD3 3 3 3 3 3  CD3 3 3 3 3  CD3 3 3 3 3	PE2	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3	3
PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years  BPS Limit total media time for children 2 years and older to not more than 30 min. weekly  BPS Use screen media with children age two years and older only for educational purposes or physical activity  4 3	Lim	ts on Screen-Time (n = 4)		
PB2 Limit total media time for children 2 years and older to not more than 30 min. weekly  BB3 Use screen media with children age two years and older only for educational purposes or physical activity  3 3 3			2010	2019
PB3 Use screen media with children age two years and older only for educational purposes or physical activity  4 3	PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3	4
	PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	3	3
PB4 Do not utilize TV, video, or DVD viewing during meal or snack time	PB3	Use screen media with children age two years and older only for educational purposes or physical activity	4	3
	PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2

#### Rating Code:

4 Regulation fully meets standard
3 Regulation partially meets standard
2 Regulation does not address standard
1 Regulation contradicts the standard
0 State does not regulate care type

Vermont Regulation Rating History: 2010 (CTR, LRG, SML); 2016 (CTR, LRG, SML); 2017\* (CTR, LRG, SML)

NOTE: A starred date (i.e., 2012\* and/or 2017\*) signifies rating changes assigned to noted care type(s) due to CACFP improvements only; revised documents also were rated for CACFP changes.

## **VIRGINIA At A Glance:**

## Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards

	tter-based clind tare ilcensing regulations and support of 47 high-impact obesity prevention standards		
Hea	Ithy Infant Feeding (n = 11)		
Brea	stfeeding Support	2010	2019
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3
Infa	nt Feeding Practices		
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4
IB1	Feed infants on cue	4	4
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	4	4
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	4
	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	4
_	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
_	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	1	3
ID3	Serve no fruit juice to children younger than 12 months of age	1	4
	rition (n = 21)		
	ition Standards	2010	2019
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
_	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3
	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	3
IVAS	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%)		3
NA4	pasteurized milk to those who are at risk for hypercholesterolemia or obesity	2	3
NA5	Serve skim or 1% pasteurized milk to children two years of age and older	2	4
NB1	Serve whole grain breads, cereals, and pastas	3	3
NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3
	Serve fruits of several varieties, especially whole fruits	3	3
NC1	Use only 100% juice with no added sweeteners	4	4
	Offer juice (100%) only during meal times	2	4
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	4
_	Make water available both inside and outside	4	4
	Limit salt by avoiding salty foods such as chips and pretzels	2	2
_	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	3
	thy Mealtime Practices	1	3
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	3	3
	Require adults eating meals with children to eat items that meet nutrition standards	2	2
	Serve small-sized, age-appropriate portions	4	4
IALT	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of		
NF2	the individual child; Teach children who require limited portions about portion size and monitor their portions	3	3
NH1	Do not force or bribe children to eat	3	3
NH2	Do not use food as a reward or punishment	3	3
Phys	ical Activity (n = 11)		
		2010	2019
PA1	Provide children with adequate space for both inside and outside play	4	4
	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote		
PA2	physical activity	2	2
PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2
PA4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2
PA5	Do not withhold active play from children who misbehave	2	2
PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3
PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	2	2
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	2	2
PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the	2	2
	course of the day—indoor or outdoor		2
PE1	Ensure that infants have supervised tummy time every day when they are awake	4	4
PE2	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	2
Limi	ts on Screen-Time (n = 4)		
		2010	2019
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2	2
PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	2	2
PB3	Use screen media with children age two years and older only for educational purposes or physical activity	2	2
PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2

#### Rating Code:

4 Regulation fully meets standard
Regulation partially meets standard
Regulation does not address standard
Regulation contradicts the standard
State does not regulate care type

Virginia Regulation Rating History: 2010 (CTR); 2011 (LRG, SML); 2012\*(CTR, LRG, SML); 2017\*(CTR, LRG, SML); NOTE: A starred date (i.e., 2012\* and/or 2017\*) signifies rating changes assigned to noted care type(s) due to CACFP improvements only; revised documents also were rated for CACFP changes.

### **WASHINGTON At A Glance:**

## Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards

	tter-based clind tare ilcensing regulations and support of 47 high-impact obesity prevention standards		
Hea	Ithy Infant Feeding (n = 11)		
Brea	stfeeding Support	2010	2019
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	3
Infa	nt Feeding Practices		
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4
IB1	Feed infants on cue	4	4
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	4
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	4	4
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	4	3
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	4
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	4	4
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	4
ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	1	3
ID3	Serve no fruit juice to children younger than 12 months of age	1	4
Nut	rition (n = 21)		
Nutr	ition Standards	2010	2019
NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	3
NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%)	3	3
IVA4	pasteurized milk to those who are at risk for hypercholesterolemia or obesity		3
	Serve skim or 1% pasteurized milk to children two years of age and older	2	4
NB1	Serve whole grain breads, cereals, and pastas	2	3
NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3
NB3	Serve fruits of several varieties, especially whole fruits	3	3
NC1	Use only 100% juice with no added sweeteners	4	4
NC2	Offer juice (100%) only during meal times	2	4
NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2	4
NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	4
ND1	Make water available both inside and outside	2	4
NG1	Limit salt by avoiding salty foods such as chips and pretzels	2	2
NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	3	3
Heal	thy Mealtime Practices		
NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	3
NE2	Require adults eating meals with children to eat items that meet nutrition standards	2	2
NF1	Serve small-sized, age-appropriate portions	2	4
NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of	2	3
	the individual child; Teach children who require limited portions about portion size and monitor their portions		
	Do not force or bribe children to eat	2	3
	Do not use food as a reward or punishment	3	3
Phys	ical Activity (n = 11)		
		2010	2019
PA1	Provide children with adequate space for both inside and outside play	4	4
PA2	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2
PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2
PA4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	4
PA5	Do not withhold active play from children who misbehave	2	4
PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3
PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	4
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	4
PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor	2	2
PE1	Ensure that infants have supervised tummy time every day when they are awake	4	4
PE2	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3	3
Limi	ts on Screen-Time (n = 4)		
		2010	2019
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2	4
	Limit total media time for children 2 years and older to not more than 30 min. weekly	2	3
PB3	Use screen media with children age two years and older only for educational purposes or physical activity	2	4
	Do not utilize TV, video, or DVD viewing during meal or snack time	2	4

#### Rating Code:

4 Regulation fully meets standard
3 Regulation partially meets standard
2 Regulation does not address standard
1 Regulation contradicts the standard
0 State does not regulate care type

Washington Regulation Rating History: 2010 (CTR, LRG, SML); 2012 (LRG, SML); 2017\*(LRG, SML); 2019 (CTR, LRG, SML) NOTE: A starred date (i.e., 2012\* and/or 2017\*) signifies rating changes assigned to noted care type(s) due to CACFP improvements only; revised documents also were rated for CACFP changes.

## **WEST VIRGINIA At A Glance:**

## Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards

tenter-based child care incensing regulations and support of 47 high-impact obesity prevention standards		
Healthy Infant Feeding (n = 11)		
Breastfeeding Support	2010	2019
IA1   Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	2
Infant Feeding Practices		
IA2   Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	3	3
IB1   Feed infants on cue	4	4
IB2 Do not feed infants beyond satiety; Allow infant to stop the feeding	3	3
IB3 Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3
IC1 Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	4	4
IC2 Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	3
IC3 Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	3
ID1 Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
ID2 Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	1	1
ID3 Serve no fruit juice to children younger than 12 months of age	1	1
Nutrition (n = 21)		
Nutrition Standards	2010	2019
NA1 Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
NA2 Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3
NA3 Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	3
NA4 Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%)	2	2
pasteurized milk to those who are at risk for hypercholesterolemia or obesity	2	2
NAS   Serve skim or 1% pasteurized milk to children two years of age and older	2	4
NB1 Serve whole grain breads, cereals, and pastas	3	3
NB2 Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3
NB3   Serve fruits of several varieties, especially whole fruits	3	3
NC1 Use only 100% juice with no added sweeteners	4	4
NC2 Offer juice (100%) only during meal times	3	3
NC3 Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	3
NC4   Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	3
ND1 Make water available both inside and outside	4	4
NG1 Limit salt by avoiding salty foods such as chips and pretzels	2	2
NG2 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	1
Healthy Mealtime Practices		
NE1 Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
NE2 Require adults eating meals with children to eat items that meet nutrition standards	4	4
NF1 Serve small-sized, age-appropriate portions	4	4
Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of	3	3
the individual child; leach children who require limited portions about portion size and monitor their portions	3	3
NH1 Do not force or bribe children to eat	3	4
NH2 Do not use food as a reward or punishment	3	4
Physical Activity (n = 11)		
	2010	2019
PA1 Provide children with adequate space for both inside and outside play	4	4
Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2
PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2
PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2
PA5 Do not withhold active play from children who misbehave	4	4
PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3
PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	3
PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	3
Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the	2	2
course of the day—indoor or outdoor		
PE1 Ensure that infants have supervised tummy time every day when they are awake	2	4
PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	4
Limits on Screen-Time (n = 4)		
	2010	2019
PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3	3
PB2 Limit total media time for children 2 years and older to not more than 30 min. weekly	3	3
PB3 Use screen media with children age two years and older only for educational purposes or physical activity	2	2
PB4 Do not utilize TV, video, or DVD viewing during meal or snack time	2	2

#### Rating Code:

4 Regulation fully meets standard West Virginia Regulation Rating History: 2010 (CTR, LRG, SML); 2014 (CTR); 2017 (LRG, SML)

Regulation partially meets standard

Regulation does not address standard

Regulation contradicts the standard

0 State does not regulate care type ASHW 2019 Supplement: Centers

## **WISCONSIN At A Glance:**

### Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards

Hea			
	Ithy Infant Feeding (n = 11)		
Brea	astfeeding Support	2010	2019
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3
Infa	nt Feeding Practices		
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4
IB1	Feed infants on cue	4	4
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	4	4
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3
_	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	4
	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	4
_	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
_	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	1	3
_	Serve no fruit juice to children younger than 12 months of age	1	4
	rition (n = 21)		
	rition Standards	2010	2019
_	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2013
_	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	
			3
INAS	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older  Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%)	3	3
NA4	pasteurized milk to those who are at risk for hypercholesterolemia or obesity	2	3
NA5	Serve skim or 1% pasteurized milk to children two years of age and older	2	4
	Serve whole grain breads, cereals, and pastas	3	3
_	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3
	Serve fruits of several varieties, especially whole fruits	3	3
	Use only 100% juice with no added sweeteners	4	4
	Offer juice (100%) only during meal times	2	4
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4
	· · · · · · · · · · · · · · · · · · ·		
_	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	4
	Make water available both inside and outside		4
_	Limit salt by avoiding salty foods such as chips and pretzels	2	2
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	3
_	Ithy Mealtime Practices		
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
	Require adults eating meals with children to eat items that meet nutrition standards	2	2
NF1	Serve small-sized, age-appropriate portions	4	4
NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of	3	3
NII 14	the individual child; Teach children who require limited portions about portion size and monitor their portions  Do not force or bribe children to eat	3	3
	Do not use food as a reward or punishment	3	3
		3	3
Pny	sical Activity (n = 11)	2010	2010
		2010	2019
PA1	Provide children with adequate space for both inside and outside play	4	4
	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote	2	3
PA2	physical activity		
	physical activity  Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2
PA3	physical activity	2	2
PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation		
PA3 PA4 PA5	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2
PA3 PA4 PA5 PC1	physical activity  Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  Do not withhold active play from children who misbehave	2	2
PA3 PA4 PA5 PC1 PC2	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  Do not withhold active play from children who misbehave  Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	2 4 3	2 4 3
PA3 PA4 PA5 PC1 PC2 PC3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  Do not withhold active play from children who misbehave  Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	2 4 3 3 3 3	2 4 3 3 3 3
PA3 PA4 PA5 PC1 PC2 PC3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  Do not withhold active play from children who misbehave  Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor	2 4 3 3 3 3 2	2 4 3 3 3 3 2
PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  Do not withhold active play from children who misbehave  Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  Ensure that infants have supervised tummy time every day when they are awake	2 4 3 3 3 2 4	2 4 3 3 3 2 4
PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  Do not withhold active play from children who misbehave  Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  Ensure that infants have supervised tummy time every day when they are awake  Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2 4 3 3 3 3 2	2 4 3 3 3 2
PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  Do not withhold active play from children who misbehave  Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  Ensure that infants have supervised tummy time every day when they are awake	2 4 3 3 3 2 4 2	2 4 3 3 3 2 4 2
PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2 Lim	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  Do not withhold active play from children who misbehave  Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  Ensure that infants have supervised tummy time every day when they are awake  Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  its on Screen-Time (n = 4)	2 4 3 3 3 2 4 2	2 4 3 3 3 2 4 2
PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2 Lim	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  Do not withhold active play from children who misbehave  Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  Ensure that infants have supervised tummy time every day when they are awake  Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  its on Screen-Time (n = 4)	2 4 3 3 2 4 2 2010 3	2 4 3 3 2 4 2 2019 2
PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2 Lim PB1	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  Do not withhold active play from children who misbehave  Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  Ensure that infants have supervised tummy time every day when they are awake  Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  its on Screen-Time (n = 4)  Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years  Limit total media time for children 2 years and older to not more than 30 min. weekly	2 4 3 3 3 2 4 2 2010 3 3	2 4 3 3 3 2 4 2 2 2019 2 2 2
PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2 Lim PB1 PB2 PB3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  Do not withhold active play from children who misbehave  Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  Ensure that infants have supervised tummy time every day when they are awake  Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  its on Screen-Time (n = 4)	2 4 3 3 2 4 2 2010 3	2 4 3 3 2 4 2 2019 2

#### Rating Code:

4 Regulation fully meets standard
3 Regulation partially meets standard
2 Regulation does not address standard
1 Regulation contradicts the standard
0 State does not regulate care type

Wisconsin Regulation Rating History: 2010 (CTR, LRG, SML); 2012\* (LRG, SML); 2019 (CTR, SML)

NOTES: A starred date (i.e., 2012\* and/or 2017\*) signifies rating changes assigned to noted care type(s) due to CACFP improvements only; revised documents also were rated for CACFP changes. WI LRG ratings removed in ASHW 2019 due to ASHW Policy Change (see Introduction)

## **WYOMING At A Glance:**

## Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards

	tter-based clind tare ilcensing regulations and support of 47 high-impact obesity prevention standards		
Hea	Ithy Infant Feeding (n = 11)		
Brea	stfeeding Support	2010	2019
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	2
Infa	nt Feeding Practices		
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	2
IB1	Feed infants on cue	4	4
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	2
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	2	3
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	2
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	2
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	2	2
ID3	Serve no fruit juice to children younger than 12 months of age	2	2
	rition (n = 21)		
	ition Standards	2010	2019
NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
_	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	2	2
	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	2	2
	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%)		
NA4	pasteurized milk to those who are at risk for hypercholesterolemia or obesity	2	2
NA5	Serve skim or 1% pasteurized milk to children two years of age and older	2	2
NB1	Serve whole grain breads, cereals, and pastas	2	2
NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	2	2
NB3	Serve fruits of several varieties, especially whole fruits	2	2
NC1	Use only 100% juice with no added sweeteners	2	2
NC2	Offer juice (100%) only during meal times	2	2
_	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2	2
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	2
_	Make water available both inside and outside	2	2
	Limit salt by avoiding salty foods such as chips and pretzels	2	2
_	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	2
	thy Mealtime Practices		
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	3
	Require adults eating meals with children to eat items that meet nutrition standards	2	2
	Serve small-sized, age-appropriate portions	2	4
141.1	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of		
NF2	the individual child; Teach children who require limited portions about portion size and monitor their portions	2	3
NH1	Do not force or bribe children to eat	4	3
NH2	Do not use food as a reward or punishment	3	3
Phys	ical Activity (n = 11)		
		2010	2019
PA1	Provide children with adequate space for both inside and outside play	4	4
	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote		
PA2	physical activity	3	3
PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2
PA4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2
PA5	Do not withhold active play from children who misbehave	3	3
PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	2	3
PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	2	2
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	2	2
PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the	7	2
1טין	course of the day—indoor or outdoor	2	2
PE1	Ensure that infants have supervised tummy time every day when they are awake	2	2
PE2	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3	3
Limi	ts on Screen-Time (n = 4)		
		2010	2019
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2	2
PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	2	2
PB3	Use screen media with children age two years and older only for educational purposes or physical activity	2	2
-	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2
PB4	Do not utilize 1 V, video, or DVD viewing during mear or snack time		

#### Rating Code:

4 Regulation fully meets standard
3 Regulation partially meets standard
2 Regulation does not address standard
1 Regulation contradicts the standard
0 State does not regulate care type

Wyoming Regulation Rating History: 2010 (CTR, LRG, SML); 2012 (CTR, LRG, SML); 2013 (CTR, LRG, SML)

NOTE: A starred date (i.e., 2012\* and/or 2017\*) signifies rating changes assigned to noted care type(s) due to CACFP improvements only; revised documents also were rated for CACFP changes.

# **TABLE 1: Assessment Years for Each State**

## Table 1. State Assessment Years 2010 to 2019

The table below shows years in which NRC rated states based on revised child care licensing regulations.

				Υ	'ears	Rate	d								Υ	'ears	Rate	d			
	2	2	2	2	2	2	2	2	2	2		2	2	2	2	2	2	2	2	2	2
State	0	0	0	0	0	0	0	0	0	0	State	0	0	0	0	0	0	0	0	0	0
	1	1	1	1	1	1	1	1	1	1		1	1	1	1	1	1	1	1	1	1
	0	1	2	3	4	5	6	7	8	9		0	1	2	3	4	5	6	7	8	9
Alabama	Х		Х					Х	Х	Х	Montana	Х		Х					Х		<u> </u>
Alaska	Х		Х					Х			Nebraska	X		Х	Х				Х		
Arizona	Х	Х								Х	Nevada	Х		Х						Х	
Arkansas	Х	Х				X		X			New Hampshire	Х							Х		
California	Х		Х					Х			New Jersey	X			Х				Х		
Colorado	Х		Х			Х	Х	Х			New Mexico	X		Х		Х			Х		
Connecticut	Х		Х					Х			New York	Х				Х	Х		Х		
Delaware	Х		Х			Х		Х		Х	North Carolina	Х		Х	Х				Х	Х	
District of Columbia	Х						Х	Х			North Dakota	Х	Х		Х						
Florida	Х		Х	Х				Х		Х	Ohio	Х		Х				Х			
Georgia	Х		Х		Х			Х			Oklahoma	Х						Х	Х		
Hawaii	Х		Х					Х			Oregon	Х		Х					Х		
Idaho	Х										Pennsylvania	Х									
Illinois	Х				Х						Rhode Island	Х		Х	Х				Х		
Indiana	Х										South Carolina	Х		Х					Х		
lowa	Х		Х					Х			South Dakota	Х									
Kansas	Х		Х	Х							Tennessee	Х								Х	
Kentucky	Х			Х					Х		Texas	Х		Х		Х					
Louisiana	Х		Х			Х		Х			Utah	Х		Х					Х		
Maine	Х		Х					Х			Vermont	Х						Х	Х		
Maryland	Х		Х			Х		Х			Virginia	Х		Х					Х		
Massachusetts	Х										Washington	Х		Х					Х		Х
Michigan	Х		Х		Х			Х		Х	West Virginia	Х				Х					
Minnesota	Х		Х					Х			Wisconsin	Х		Х							Х
Mississippi	Х		Х	Х							Wyoming	Х		Х	Х						
Missouri	Х						Х														

X State assessed at baseline (2010) for all regulated child care types

X State assessed due to new or revised child care licensing regulations

X State assessed due to national CACFP updates

State	Regulation Document Title For links to states' documents, click here	Document Date	ASHW Assessment		d Care Ty ed by Doo	-
			Year	CTR	LRG	SML
AL	Alabama					
	Minimum Standards for Family Day Care Homes, Family Nighttime Homes, Group Day Care Homes, and Group Nighttime Homes Regulations and Procedures	1/22/2001	2010		Х	х
	Minimum Standards for Day Care Centers and Nighttime Centers	1/22/2001	2010	Х		
	Minimum Standards for Family Day Care Homes, Family Nighttime Homes, Group Day Care Homes, and Group Nighttime Homes Regulations and Procedures	11/30/2018	2018		Х	х
	Minimum Standards for Day Care Centers and Nighttime Centers	11/30/2018	2018	Х		
	Minimum Standards for Day Care Centers and Nighttime Centers: Regulations and Procedures	9/30/2019	2019	Х		
AK	Alaska					
	Title 7 AAC 57- Child Care Facilities Licensing	6/23/2006	2010	Х	Х	Х
AZ	Arizona					
	9 A.A.C. 3, Arizona Dept. of Health Services, Child Care Group Homes	9/1/2004	2010		Х	
	9 A.A.C. 5, Arizona Dept. of Health Services, Child Care Facilities	9/30/2010	2010	Х	Х	
	6 A.A.C.5, Article 52: Arizona Dept. of Economic Security, Certification and Supervision of Family Child Care Home Providers (document and associated ratings removed from ASHW assessment in 2015, retroactive to 2010)	5/19/1999	2010			
	Arizona Bureau of Child Care Licensing for Child Care Group Homes	9/2011	2011		Х	
	Arizona Administrative Code and Arizona Revised Statues for Child Care Facilities (Title 9 Ch 5)	12/5/2018	2019			
AR	Arkansas					
	Minimum Licensing Requirements for Child Care Centers	3/2010	2010	Х		
	Minimum Licensing Requirements for Child Care Family Homes	3/2010	2010		Х	
	Minimum Licensing Requirements for Voluntary Registered Child Care Family Homes	3/2010	2010			Х
	Minimum Licensing Requirements for Child Care Centers	11/1/2011	2011	Х		

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Color Code: Update years highlighted as follows:

<sup>\*</sup> previously undiscovered document; rated in 2017 and ratings applied retroactively

State	Regulation Document Title  For links to states' documents, click here	Document Date	ASHW Assessment	Child Care Types Covered by Document				
			Year	CTR	LRG	SML		
	Minimum Licensing Requirements for Child Care Family Homes	11/1/2011	2011		Х			
	Minimum Licensing Requirements for Registered Child Care Family Homes	11/1/2011	2011			Х		
	Minimum Licensing Requirements for Child Care Centers	1/1/2015	2015	Х				
	Minimum Licensing Requirements for Child Care Family Homes	1/1/2015	2015		Х			
	Minimum Licensing Requirements for Registered Child Care Family Homes	1/1/2015	2015			Х		
CA	California							
	Title 22, Division 12, Chapter 1, Articles 1, 2 - Child Care Centers General Licensing Requirements	6/15/2005	2010	Х				
	Title 22, Division 12, Chapter 1, Article 6 - Child Care Centers Continuing Requirements (continued)	6/8/2005	2010	Х				
	Title 22, Division 12, Chapter 1, Article 7 - Child Care Physical Environment	11/1/2008	2010	Х				
	Title 22, Division 12, Chapter 1 Subchapters 2, 3 - Child Care Infant Centers and School Age Day Care	11/1/1998	2010	Х				
	Community Care Licensing Division Child Care Update - Winter/Spring 2011	Winter/Spring 2011	2012	Х	х	х		
	Title 22, Division 12, Chapter 3 - Family Child Care Homes	4/1/2016	2017*		Х	Х		
со	Colorado							
	Volume of Child Care Facility Licensing	5/1/2010	2010	Х	Х	Х		
	Rules and Regulations Governing the Health and Sanitation of Child Care Facilities	5/30/2005	2010		Х			
	Rules Regulating Family Child Care Homes	6/1/2012	2012		Х	Х		
	Rules Regulating Child Care Centers (Less than 24 hrs)	7/1/2012	2012	Х	Х			
	General Rules for Child Care Facilities	10/1/2015	2015	Х	Х	Х		
	Rules Regulating Child Care Centers (Less than 24-hour care)	2/1/2016	2016	Х				
СТ	Connecticut							
	Statutes and Regulations for Licensing Child Day Care Centers and Group Day Care Homes	7/2009	2010	Х	Х			

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Color Code: Update years highlighted as follows:

<sup>\*</sup> previously undiscovered document; rated in 2017 and ratings applied retroactively

State	Regulation Document Title For links to states' documents, click here	Document Date	ASHW Assessment	Child Care Types Covered by Document		
			Year	CTR	LRG	SML
	Statutes and Regulations for Licensing Family Day Care Homes	7/2009	2010			Х
DE	Delaware					
	Rules for Early Care and Education and School-Age Centers	1/1/2007	2010	Х		
	Rules for Large Family Child Care Homes	1/1/2009	2010		Х	
	Rules for Family Child Care Homes	1/1/2009	2010			Х
	Regulations for Early Care and Education and School-Age Centers	7/1/2015	2015	Χ		
	Delacare Regulations for Family and Large Family Child Care Homes	7/2017	2017		Х	Х
	Delacare: Regulations for Early Care and Education and School-Age Centers	5/1/2019	2019	Х		
	Delacare: Regulations for Family and Large Family Child Care Homes	5/2019	2019		Х	Х
DC	Washington DC					
	DCMR 29 Public Welfare Chapter 3 Child Development Facilities	4/27/2007	2010	Х		Х
	Title 5-A DCMR Chapter 1 Child Development Facilities: Licensing	11/15/2016	2016	Х	Х	Х
FL	Florida					
	Chapter 65C-20 Family Day Care Standards and Large Family Child Care Homes (ratings based on MyPyramid removed from ASHW assessment in 2013, due to retirement of MyPyramid, retroactive to 2010)	1/13/2010	2010		x	X
	Chapter 65C-22 Child Care Standards (ratings based on MyPyramid removed from ASHW assessment in 2013, due to retirement of MyPyramid, retroactive to 2010)	1/13/2010	2010	Х		
	2012 Florida Child Care Statutes Section 402	2012	2012	Χ	X	Х
	Chapter 65C-22 Florida Administrative Code Child Care Standards	8/2013	2013	Х		
	Chapter 65C-22 Florida Administrative Code Child Care Standards	8/2013	2017	Х		
	Chapter 65C-22 Child Care Standards	10/25/2017	2017	Х		
	Child Care Facility Handbook	10/2017	2017		Х	Х
	Chapter 65C-20 Family Day Care Standards and Large Family Child Care Homes	10/25/2017	2017		Х	Х
	Family Day Care Home and Large Family Child Care Home Handbook	5/2019	2019		Х	Х

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State	Regulation Document Title  For links to states' documents, click here	Document Date	ASHW Assessment	Child Care Types Covered by Document		
		5 0.00	Year	CTR	LRG	SML
GA	Family Day Care Home/Large Family Child Care Home Handbook	10/2017				
	Rules and Regulations for Child Care Learning Centers	1/1/2010	2010	Х		
	Rules and Regulations for Group Day Care Homes	1/1/2010	2010		Х	
	Rules and Regulations for Family Day Care Homes	1/1/2010	2010			Х
	Chapter 591-1-1Rules for Child Care Learning Centers	3/2014	2014	Х		
	Chapter 290-2-1 Rules and Regulations Group Day Care Homes	3/2014	2014		Х	
	Chapter 290-2-3Rules and Regulations Family Day Care Homes	3/2014	2014			Х
н	Hawaii					
	Title 17: Chapter 891.1 Registration of Family Child Care Homes	12/19/2002	2010			Х
	Title 17: Chapter 892.1 Licensing of Group Child Care Centers and Group Child Care Homes	12/19/2002	2010	Х	Х	
	Title 17: Chapter 895 Licensing of Infant and Toddler Child Care Centers	12/19/2002	2010	Х		
	Title 17: Chapter 896 Licensing of Before and After School Child Care Facilities	12/19/2002	2010	Х		
ID	Idaho					
	16.06.02 Rules Governing Standards for Child Care Licensing	7/1/2010	2010	Х	Х	Х
IL	Illinois					
	Part 406: Licensing Standards for Day Care Homes	7/1/2008	2010			Х
	Part 407: Licensing Standards for Day Care Centers	4/1/2010	2010	Х		
	Part 408: Licensing Standards for Group Day Care Homes	7/1/2008	2010		Х	
	Part 407 Licensing Standards for Day Care Centers	9/2014	2014	Х		
IN	Indiana					
	Rule 1.1 Child Care Homes (470 IAC 3-1.1)	7/3/1996	2010			Х
	Rule 1.2 Infant and Toddler Services in a Child Care Home (470 IAC 3-1.2-1 - 470 IAC 3-1.2-3)	7/3/1996	2010		х	Х
	Rule 1.3 Class II Child Care Homes (470 IAC 3-1.3.1)	9/27/1996	2010		Х	

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State	Regulation Document Title  For links to states' documents, click here	Document Date	ASHW Assessment	Child Care Types Covered by Document		
		3 0.03	Year	CTR	LRG	SML
	Rule 4.7 Child Care Centers; Licensing (470 IAC 3-4.7)	11/7/2003	2010	Х		
IA	Iowa					
	Chapter 109: Child Care Centers	6/1/2010	2010	Х		
	Chapter 110: Child Development Homes	11/1/2009	2010		Х	Х
	Chapter 109: Child Care Centers	5/1/2012	2012	Х	Х	
KS	Kansas					
	Regulations for Licensing Preschools and Child Care Centers	7/11/2008	2010	Х		
	Regulations for Licensing Day Care Homes and Group Day Care Homes	7/2008	2010		Х	Х
	Regulations for Licensing Preschools and Child Care Centers	2/3/2012	2012	Х		
	Regulations for Licensing Day Care Homes and Group Day Care Homes	2/3/2012	2012		Х	Х
	Kansas Laws and Regulations for Licensing Day Care Homes and Group Day Care Homes for Children	2/2012	2013		х	Х
KY	Kentucky					
	922 KAR 2:100 Certification of Family Child Care Homes	3/19/2008	2010			Х
	922 KAR 2:120 Child Care Facility Health and Safety Standards	3/19/2008	2010	Х	Х	
	922 KAR 2:120. Child-care Center Health and Safety Standards	9/2013	2013	Χ	Х	
	922 KAR 2:100 Certification of Family Child Care Homes	7/18/2018	2018			Х
	922 KAR 2:120. Child-care Center Health and Safety Standards	7/18/2018	2018	Х	Х	
LA	Louisiana					
	Child Day Care Center Class A Minimum Standards	11/1/2003	2010	Х		
	Child Day Care Center Class B Minimum Standards	10/1/2000	2010	Х		
	Bulletin 137—Louisiana Early Learning Center Licensing Regulations	7/1/2015	2015	Х	Х	
ME	Maine					
	Rules for the Licensing of Child Care Facilities	8/27/2008	2010	Х	Х	
	Rules for Family Child Care Providers	09/1/2009	2010		Х	Х

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Color Code: Update years highlighted as follows:

2010

2011

2012

2013

2014

2015

2016

2017

2018

8 2019

<sup>\*</sup> previously undiscovered document; rated in 2017 and ratings applied retroactively

State	Regulation Document Title  For links to states' documents, click here	Document Date	ASHW Assessment	Child Care Types Covered by Document		
			Year	CTR	LRG	SML
	State of Maine Family Child Care Provider Licensing Rule	9/20/2017	2017		Х	Х
MD	Maryland					
	COMAR 13A. 15. 01 - Family Child Care	4/19/2010	2010			Х
	COMAR 13A. 16. 01 - Child Care Centers	4/19/2010	2010	Х	Х	
	COMAR 13A. 18 Large Family Child Care Homes	2/6/2012	2012		Х	
	Title 13A State Board of Education Subtitle 15 Family Child Care	7/20/2015	2015			Х
	Title 13A State Board of Education Subtitle 16 Child Care Centers	7/20/2015	2015	Х		
	Title 13A State Board of Education Subtitle 18 Large Family Child Care Homes	7/20/2015	2015		Х	
MA	Massachusetts					
	Standards for the Licensure of Child Care Programs	10/2010	2010	Х	Х	Х
MI	Michigan					
	Licensing Rules for Child Care Centers	6/4/2008	2010	Х		
	Licensing Rules for Family and Group Child Care Homes	6/3/2009	2010		Х	Х
	Licensing Rules for Child Care Centers	1/2014	2014	Х		
	Licensing Rules for Child Care Centers	12/17/2019	2019	Х		
MN	Minnesota					
	Chapter 9502 Licensing of Day Care Facilities	10/8/2007	2010		Х	Х
	Chapter 9503 Licensing Requirements for Child Care Centers	10/8/2007	2010	Х		
MS	Mississippi					
	Regulations Governing Licensure of Child Care Facilities	7/1/2009	2010	Х		
	Regulations Governing Licensure of Child Care Facilities for 12 or Fewer Children in the Operators Home	7/1/2009	2010		х	х
	Regulations Governing Licensure of Child Care Facilities for 12 or Fewer Children in the Operator's Home	8/2013	2013		х	х
	Regulations Governing Licensure of Child Care Facilities	8/2013	2013	Х		

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State	Regulation Document Title For links to states' documents, click here	Document Date	ASHW Assessment	Child Care Types Covered by Document		
			Year	CTR	LRG	SML
МО	Missouri					
	Licensing Rules for Group Child Care Homes and Child Care Centers	1/2002	2010	Х	Х	
	Licensing Rules for Family Child Care Homes	5/2002	2010		X	Х
	Licensing Rules for Group Child Care Homes and Child Care Centers	2016	2016	Χ	X	
	Licensing Rules for Family Day Care Homes	2016	2016			Х
MT	Montana					
	Licensing Requirements for Child Day Care Centers	9/1/2006	2010	Χ		
	Requirements for Registration of Family and Group Day Care Homes	9/1/2006	2010		Х	Х
NE	Nebraska					
	Family Child Care Home Standards Chapter 6	3/1998	2010		Х	Х
	Child Care Center Standards Chapter 8	3/1998	2010	Χ		
	Chapter 1 Family Child Care Home I	2/2013	2013			Х
	Chapter 2 Family Child Care Home II	2/2013	2013		Х	
NV	Nevada					
	Chapter 432A Services and Facilities for Care of Children	10/31/2007	2010	Х	Х	Х
	Regulation R112-06	1/2010	2010	Х	Х	Х
	Chapter 432A Services and Facilities for Care of Children	8/1/2012	2012	Х	Х	Х
	Chapter 432A Services and Facilities for Care of Children	9/21/2017	2018	Х	Х	Х
NH	New Hampshire					
	Child Care Program Licensing Rules	2008-2016	2010	Х	Х	Х
	Part He-C 4002 NH Child Care Program Licensing Rules	5/17/2017	2017	Х	Х	Х
NJ	New Jersey					
	Chapter 122 - Manual of Requirements for Child Care Centers	8/25/2009	2010	Х	Х	
	Chapter 126 - Manual of Requirements for Family Child Care Registration	8/25/2009	2010			Х

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Color Code: Update years highlighted as follows:

2010 2

2011

2012

2013 2014

2015

201

2017

201

8 2019

<sup>\*</sup> previously undiscovered document; rated in 2017 and ratings applied retroactively

State	Regulation Document Title  For links to states' documents, click here	Document Date	ASHW Assessment	Child Care Types Covered by Document		
			Year	CTR	LRG	SML
	Chapter 122 Manual of Requirements for Child Care Centers	9/2013	2013	Х	Х	
	Chapter 52 Manual of Requirements for Child Care Centers	3/6/2017	2017	Х	Х	
	Chapter 54 Manual of Requirements for Family Child Care Registration	3/20/2017	2017			Х
NM	New Mexico					
	Title 8 Social Services Chapter 16 Part 2 Child Care Centers, Before and After School Programs, Family Child Care Homes and Other Early Care and Education Programs	6/30/2010	2010	Х	х	х
	Title 8 Social Services Chapter 16 Part 2- Child Care Centers, Before and After School Programs Family Child Care Homes and Other Early Care and Education Programs	11/20/2012	2012	Х	х	х
	Title 8 Chapter 16 Child Care Licensing: Child Care Centers, Out of School Time Programs, Family Child Care Homes, and Other Early Care and Education Programs	7/2014	2014	Х	х	х
NY	New York					
	Part 416: Group Family Day Care Homes	1/31/2005	2010		Х	
	Part 417: Family Day Care Homes	1/31/2005	2010			Х
	Part 418_1: Day Care Centers	1/31/2005	2010	Χ		
	Part 418_2: Small Day Care Centers	1/31/2005	2010	Х		
	Section 416 Group Family Day Care Homes	5/2014	2014		Х	
	Section 417 Family Day Care Homes	5/2014	2014			Х
	Part 418-1: Day Care Centers	6/2015	2015	Х		
	Part 418-2: Small Day Care Centers	6/2015	2015		Х	
NC	North Carolina					
	Chapter 9 - Child Care Rules	8/1/2010	2010	Х	Х	Х
	Chapter 110- Article 7	8/1/2012	2012	Х	Х	Х
	Requirements for Family Child Care Homes	12/1/2012	2012		Х	Х
	Family Child Care Home Requirements	5/2013	2013		Х	Х
	Chapter 9- Child Care Rules	1/2013	2013	Х	Х	Х

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State	Regulation Document Title For links to states' documents, click here	Document Date	ASHW Assessment	Child Care Types Covered by Document		
			Year	CTR	LRG	SML
	Chapter 9- Child Care Rules	10/1/2017	2018	Х	Х	Х
ND	North Dakota					
	Family Child Care Homes Early Childhood Services Chapter 75-03-08	1/1/1999	2010			Х
	Group Child Care Homes Early Childhood Services Chapter 75-03-09	1/1/1999	2010		Х	
	Child Care Center Early Childhood Services Chapter 75-03-10	1/1/1999	2010	Х		
	Family Child Care Homes Early Childhood Services Chapter 75-03-08	4/2011	2011			Х
	Group Child Care Homes Early Childhood Services Chapter 75-03-09	4/2011	2011		Х	
	Child Care Center Early Childhood Services Chapter 75-03-10	4/2011	2011	Х		
	Early Childhood Services Policies and Procedures Service Chapter 620-01	09/2013	2013	Х	Х	Х
ОН	Ohio					
	Child Care Center Manual	6/21/2010	2010	Х		
	Child Care Type A Home Manual	6/8/2010	2010		Х	
	Child Care Type B Home Manual	2/16/2010	2010			Х
	Child Care Center Manual	12/23/2016	2016	Х		
	Family Care Center Manual	12/23/2016	2016		Х	Х
ОК	Oklahoma					
	Licensing Requirements for Child Care Centers	10/1/2009	2010	Х		
	Licensing Requirements for Family Child Care Homes and Large Child Care Homes	7/1/2010	2010		Х	Х
	Licensing Requirements for Child Care Programs	11/1/2016	2016	Х		
	Licensing Requirements for Family Child Care Homes and Large Child Care Homes	11/1/2016	2016		Х	Х
OR	Oregon					
	Rules For Certified Child Care Centers	1/1/2010	2010	Х		
	Rules For Certified Family Child Care Homes	1/1/2010	2010		Х	
	Rules for Registered Family Child Care Homes	1/1/2010	2010			Х

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Color Code: Update years highlighted as follows:

2010

2011

2012

2013

2014

2015

201

2017

7 2

18 2019

\* previously undiscovered document; rated in 2017 and ratings applied retroactively

State	Regulation Document Title For links to states' documents, click here	Document Date	ASHW Assessment	Child Care Types Covered by Document		
			Year	CTR	LRG	SML
PA	Pennsylvania					
	Chapter 3270 - Child Day Care Centers	5/2009	2010	Χ		
	Chapter 3280 - Group Child Day Care Homes	7/2009	2010		Х	
	Chapter 3290 - Family Child Day Care Homes	7/2009	2010			Х
RI	Rhode Island					
	Child Day Care Center Regulations for Licensure	1993	2010	Х		
	Family Child Care Home Regulations for Licensure	10/1/2007	2010			Х
	Group Family Child Care Home Regulations for Licensure	10/1/2007	2010		Х	
	Child Care Program Regulations for Licensure	11/2013	2013	Х		
	Part 1 – Child Care Center and School Age Program Regulations for Licensure	9/18/2017	2017	Х		
SC	South Carolina					
	Regulations for the Licensing of Group Child Care Homes	5/19/2005	2010		Х	
	Regulations for the Licensing of Child Care Centers	5/16/2005	2010	Х		
	Family Child Care Home Regulations	4/23/1993	2017*			Х
SD	South Dakota					
	Chapter 67:42:03 Family Day Care Homes (ratings based on MyPyramid removed from ASHW assessment in 2013, due to retirement of MyPyramid, retroactive to 2010)	9/29/2004	2010			x
	Chapter 67:42:04 Group Family Day Care Homes (ratings based on MyPyramid removed from ASHW assessment in 2013, due to retirement of MyPyramid, retroactive to 2010)	9/29/2004	2010		X	
	Chapter 67:42:10 Day Care Centers (ratings based on MyPyramid removed from ASHW assessment in 2013, due to retirement of MyPyramid, retroactive to 2010)	9/29/2004	2010	Х		
TN	Tennessee					
	Chapter 1240-4-1 Standards for Group Child Care Homes	3/14/2009	2010		Х	
	Chapter 1240-4-3 Licensure Rules for Child Care Centers	3/14/2009	2010	Χ		

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Color Code: Update years highlighted as follows:

2010

2011

2012

2013

2014

2015

2016

2017

201

8 2019

<sup>\*</sup> previously undiscovered document; rated in 2017 and ratings applied retroactively

State	Regulation Document Title  For links to states' documents, click here	Document Date	ASHW Assessment	Child Care Types Covered by Document		
			Year	CTR	LRG	SML
	Chapter 1240-4-4 Standards for Family Child Care Homes	3/14/2009	2010			Х
	Chapter 1240-4-12 Registration of Family Day Care Homes	12/13/1990	2010			Х
	Chapter 1240-04-01 Licensure Rules for Child Care Agencies	7/30/2018	2018	Χ	Х	Х
TX	Texas					
	Chapter 746: Minimum Standard Rules For Licensed Child-Care Centers	3/1/2008	2010	Х		
	Chapter 747: Minimum Standard Rules for Registered and Licensed Child-Care Homes	6/1/2008	2010		Х	Х
	Chapter 746: Minimum Standard Rules For Licensed Child-Care Centers (replacement pages)	3/1/2012	2012	Х		
	Chapter 747: Minimum Standard Rules for Registered and Licensed Child-Care Homes (replacement pages)	3/1/2012	2012		х	Х
	Chapter 746: Minimum Standards for Child-Care Centers	6/2014	2014	Х		
	Chapter 747: Minimum Standards for Child-Care Homes	6/2014	2014		Х	Х
UT	Utah					
	R430-50 Residential Certificate Child Care Standards	9/1/2008	2010			Х
	R430-90 Licensed Family Child Care	9/1/2008	2010		Х	
	R430-100 Child Care Centers	7/1/2009	2010	Х		
	R381-100 Child Care Centers	12/28/2017	2017	Х		
	R430-90 Licensed Family Child Care	12/28/2017	2017		Х	
	R430-50 Residential Certificate Child Care	12/28/2017	2017			Х
VT	Vermont					
	Early Childhood Programs Licensing Regulations	2/12/2001	2010	Х		
	Family Child Care Licensing Regulations	2/12/2001	2010		Х	Х
	Regulations for Family Day Care Homes	9/17/2009	2010			Х
	Child Care Licensing Regulations: Center Based Child Care and Preschool Programs	9/1/2016	2016	Χ		

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Color Code: Update years highlighted as follows:

2010

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State	Regulation Document Title For links to states' documents, click here	Document Date	ASHW Assessment	Child Care Types Covered by Document		
			Year	CTR	LRG	SML
	Child Care Licensing Regulations: Registered and Licensed Family Child Care Homes	9/1/2016	2016		Х	Х
VA	Virginia					
	Standards for Licensed Child Day Centers	3/6/2008	2010	Χ		
	Standards for Licensed Family Day Homes	3/2011	2011		Х	X
WA	Washington					
	Chapter 170-295 Minimum Licensing Requirements for Child Day Care Centers	5/31/2008	2010	Х		
	Chapter 170-296 Child Care Business Regulations for Family Home Child Care	5/31/2008	2010		Х	Х
	Chapter 170-296A Licensed Family Home Child Care Standards	5/8/2012	2012		Х	Х
	Chapter 110-300 WAC Foundational Quality Standards for Early Learning Programs (Formerly: Chapter 170-300 WAC)	11/6/2019	2019	Х	х	х
wv	West Virginia					
	Title 78, Series 1, Child Care Centers Licensing	5/20/2009	2010	Х		
	Title 78, Series 18, Family Child Care Facility Licensing Requirements	7/1/2007	2010		Х	
	Title 78, Series 19, Family Child Care Home Registration Requirements	7/1/2007	2010			Х
	Title 78 Child Care Centers Licensing	7/2014	2014	Х		
WI	Wisconsin					
	DCF 202 - Child Care Certification	11/2008	2010			Х
	DCF 250 - Licensing Rules for Family Child Care Centers	1/1/2009	2010			Х
	DCF 251 - Licensing Rules for Group Child Care Centers	1/1/2009	2010	Х	Х	
	DCF 251 Licensing Rules for Group Child Care Centers and Child Care Programs Established or Contracted for by School Boards	9/20/2019	2019	Х		
	DCF 250 Rule Book for Family Child Care Centers	9/30/2019	2019			Х
WY	Wyoming					
	Administrative Rules For Certification of Child Care Facilities	9/1/2008	2010	Х	Х	Х

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State	Regulation Document Title  For links to states' documents, click here	Document Date	ASHW Assessment	Child Care Types Covered by Document		
			Year	CTR	LRG	SML
	Chapter 6 Administrative Rules for Certification of Child Care facilities Rules relating specifically to Family Child Care Homes	4/1/2012	2012	Х	х	х
	Chapter 7 Administrative Rules for Certification of Child Care facilities Rules relating specifically to Family Child Care Centers	4/1/2012	2012	х	х	х
	Chapter 6 Administrative Rules for Certification of Child Care facilities Rules relating specifically to Family Child Care Homes	12/2013	2013			х
	Chapter 7 Administrative Rules for Certification of Child Care facilities Rules relating specifically to Family Child Care Centers	12/2013	2013		х	
	Chapter 8- Administrative Rules for Certification of Child Care facilities Rules relating specifically to Child Care Centers	12/2013	2013	Х		

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